

Fairfield Middle Schools

Welcome to our
Lunch Cafe

10/2/2017 - 10/6/2017


Monday


Tuesday

Wednesday


Thursday


Friday


	Red Square Wrap oven roasted turkey, Swiss cheese, lettuce and tomatoes on a wrap	Classic Harvest Wrap ham, mozzarella cheese, tossed greens and tomatoes wrapped in a wrap	Grilled Veggie Wrap grilled vegetables and cheese served on a wrap	Chicken Salad Wrap chicken salad in a wrap	Turkey Ranch Wrap turkey breast with lettuce, tomato and ranch on a wrap
	Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Lettuce & Tomato on a Whole Wheat Wrap				


	French Bread Pizza toasted French bread topped with pizza sauce and melted cheese	Chicken & Tomato Calzone garlic toasted calzone filled with chicken, tomato, ricotta and melted cheeses	Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, pepperoni and spices	Buffalo Chicken Stromboli zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough	Calzone 3 Cheese calzone stuffed with three delicious melted cheeses
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				

	Ham & Cheese Bagel Melt ham and melted cheese on a bagel	Pasta Alfredo with Chicken & Broccoli pasta with alfredo sauce, grilled chicken strips and broccoli florets	Buffalo Chicken and Cheese Quesadilla fiesta style chicken and cheddar cheese inside a grilled folded tortilla spread with hot sauce	Sausage, Egg & Cheese Burrito* sausage, egg, cheese and peppers wrapped inside a flour tortilla	Mozzarella Sticks crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
	Baked Potato Wedges crispy potato wedges baked to perfection	Caesar Salad fresh romaine lettuce topped with parmesan cheese and Caesar	Sauteed Corn & Black Bean Salsa	Tator Tots crisp potato rounds baked to perfection	Garlic Bread toasty bread topped with garlic and oil

	Chicken Tenders crispy chicken tenders perfect for dipping in your favorite sauce	Fish Sandwich fish fillet on a bun with cheese	BLT Burger burger topped with bacon, lettuce and tomato on a freshly toasted bun	Grilled Cheese melted cheese on golden toasted bread	Chicken Club Sandwich sandwich with grilled chicken, crispy bacon strips, lettuce and tomato
	Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches				

	House Chop Salad with Ham & Dinner Rolls ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing	Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella	Crudite & Cheese Platter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese	Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes	Mexican Salad Salad with beans, corn, sour cream, and salsa
	Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait				

	Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar	Beef and Cheese Quesadilla melted chesse and fiesta beef folded inside a grilled tortilla	Burrito fiesta style meat with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla	Nachos Grande tortilla chips topped with mexi style meat and cheese sauce	Soft Taco fiesta-style meat with melted cheese arranged in a soft taco shell
	Available Daily: Nacho Chips, Crispy and Soft Tacos, Rice with your choice of Beef, Chicken, Vegetables, Refried Beans, Cheese Sauce, Shredded Cheddar and Fresh Vegetable Toppings				

	Fiesta Corn Side Salad side salad with lettuce Green Pepper Slices Fresh Baby Carrots Melon Cup Fresh Banana Strawberries	Fresh Baby Carrots Fresh Broccoli Mesclun Spring Mix Garbanzo Beans Fresh Apple Melon Cup Pineapple Fresh Banana	Tomato Salad diced tomatoes in light dressing Fresh Broccoli Spinach Salad Fresh Orange Pineapple Green Penner Slices	Chickpea Salad chickpeas tossed in light italian dressing and garnished with parsley Side Salad side salad with lettuce Grape Tomatoes Fresh Broccoli	Spinach Salad Grape Tomatoes Fresh Baby Carrots Garbanzo Beans Fresh Apple Fresh Orange Melon Cup Pineapple
	Fresh Fruits and Vegetables and Choice of Milk				



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Fairfield Middle Schools

Welcome to our
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10/9/2017 - 10/13/2017

Monday

Tuesday

Wednesday

Thursday

Friday



BBQ Turkey Wrap
turkey breast, bbq sauce, lettuce and tomato on a wrap

South of the Border Wrap
warm chicken, seasoned rice, and cheddar cheese wrapped in a tortilla

Chicken Caesar Wrap
Caesar salad with crispy chicken in a wrap

Egg Salad Wrap
freshly made egg salad with lettuce and tomato in a wrap

Turkey BLT Wrap
sliced turkey, bacon, lettuce, and tomato on a wrap

Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Lettuce & Tomato on a Whole Wheat Wrap



Meat and Cheese Calzone
calzone stuffed with delicious italian meats and melted cheeses

Buffalo Chicken Stromboli
zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough

Cheese Pizza Pops
garlic pizza dough stuffed with mozzarella cheese, tomato sauce and crushed red pepper

Grilled Vegetable Pizza
grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella

Pizza Calzone
folded whole grain pizza dough filled with ricotta cheese and caramelized onions

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



French Toast
French toast baked to perfection
Scrambled Eggs with Cheese

Philly Cheese Sandwich
beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun
And Golden Baked Potato Wedges

Chicken Parmesan Over Pasta
oven baked chicken topped with sauce and melted cheese, all over pasta
Squash Medley

Steamed Dumplings
stuffed dumplings perfect for dipping in your favorite Asian sauce
Roasted Vegetables

Chicago Style Hot Dog
skinless hot dog on a bun, topped with mustard, pickle chips, onions, tomatoes, tomatoes and jalapeño peppers
Baked Beans



Boneless Chicken Wings
breaded chicken wings baked to perfection

English Cheddar Burger
grilled burger topped with cheddar cheese, sautéed onions, lettuce and tomatoes on a bun

Beef Hot Dog on Bun
juicy beef hot dog on a soft bun

BBQ Rib Sandwich
BBQ rib patty on a bun

Buffalo Chicken Sandwich
chicken marinated in hot sauce on a roll, topped with lettuce and tomato

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Garden Salad Entree
fresh garden salad topped with meat

Cobb Salad
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg

Tuna Salad Plate
garden salad topped with freshly made tuna salad

Garden Salad with Hard Boiled Eggs & Dinner Rolls
garden salad with tomato, cucumber, carrot, and hard boiled eggs

Grilled Chicken Salad with Dinner Rolls
grilled chicken breast, lettuce, julienned carrots, sliced tomatoes and cucumbers

Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait



Soft Taco
fiesta-style meat with melted cheese arranged in a soft taco shell

Cheese Quesadilla
freshly grilled flour tortilla with melty cheese

Burrito
fiesta style meat with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla

Nachos with Cheese
creamy cheese layered over a bed of nachos

Crispy Tacos
crispy taco shells filled with taco meat and cheddar cheese

Available Daily: Nacho Chips, Crispy and Soft Tacos, Rice with your choice of Beef, Chicken, Vegetables, Refried Beans, Cheese Sauce, Shredded Cheddar and Fresh Vegetable Toppings



Potato Salad
Spinach Salad
Grape Tomatoes
Fresh Broccoli
Fresh Apple
Strawberries
Melon Cup
Pineapple

Tomato Salad
Side Salad
side salad with lettuce
Red Pepper Strips
Fresh Apple
Melon Cup
Pineapple
Fresh Red Grapes

Fresh Baby Carrots
Green Pepper Slices
Garbanzo Beans
Mesclun Spring Mix
Strawberries
Fresh Orange
Fresh Banana

Bean and Vegetable Salad
Side of vegetable and bean salad. Contains carrots, peppers, onions, celery, and beans.
Mesclun Spring Mix
Grape Tomatoes

Garden Salad
Garbanzo Beans
Red Pepper Strips
Fresh Orange
Melon Cup
Fresh Banana

Fresh Fruits and Vegetables and Choice of Milk



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Fairfield Middle Schools

Welcome to our
Lunch Cafe

10/16/2017 - 10/20/2017

Monday

Tuesday

Wednesday

Thursday

Friday



Tuna Salad Wrap*
fresh chunky tuna salad with field greens and tomatoes served in a wrap

Professional Development
Early Dismissal

Vegetarian Wrap
cheese, cucumbers, tomatoes, and red onions on a tortilla wrap spread with hummus

Conferences
Early Dismissal

Honey Mustard Chicken Wrap
crispy breaded chicken strips, lettuce, tomato and honey mustard dressing in a wrap

Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Lettuce & Tomato on a Whole Wheat Wrap



Vegetable & Cheese Stromboli
garlic toasted whole grain pizza crust filled with fresh vegetables and mozzarella

Meatball Pizza
cheese pizza topped with sliced meatball

Buffalo Chicken Pizza
cheese pizza topped with Buffalo chicken pieces

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Meatball Parmesan Sandwich
warm meatballs on a roll, topped with tomato sauce and melted mozzarella cheese
Roasted Lemon Parmesan Broccoli

Ruby's Chicken Cordon Bleu Sandwich
chicken, ham and cheese with lettuce and pickle chips on a bun
Sauteed Vegetable Medley
Side of sauteed mixed vegetables with broccoli,

Cheese Ravioli with Meat Sauce
cheesy ravioli topped with meat sauce and served with a roll
Garlic Bread
Lemon Marinated Carrots



Egg and Cheese Sandwich
breakfast sandwich topped with egg and cheese

Pizza Burger
burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a bun

French Patty Melt
grilled burger topped with onions with lettuce and tomatoes

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



House Chop Salad with Ham & Dinner Rolls
ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing

Crudite & Cheese Platter
cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese

Mexican Salad
Salad with beans, corn, sour cream, and salsa

Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait



Fiesta Taco Salad
a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar

Bean & Veggie Burrito
a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream

Soft Taco
fiesta-style meat with melted cheese arranged in a soft taco shell

Available Daily: Nacho Chips, Crispy and Soft Tacos, Rice with your choice of Beef, Chicken, Vegetables, Refried Beans, Cheese Sauce, Shredded Cheddar and Fresh Vegetable Toppings



Potato Salad
Side Salad
Fresh Baby Carrots
Fresh Apple
Strawberries
Fresh Red Grapes

Red Pepper Strips
Mesclun Spring Mix
Fresh Baby Carrots
Fresh Apple
Mediterranean Watermelon Side Salad
Pineapple
Fresh Banana

Caesar Salad
Fresh Baby Carrots
Garbanzo Beans
Fresh Apple
Fresh Banana
Strawberries

Fresh Fruits and Vegetables and Choice of Milk



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Fairfield Middle Schools

Welcome to our
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10/23/2017 - 10/27/2017

Monday

Tuesday

Wednesday

Thursday

Friday



Buffalo Chicken Wrap
warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato

Egg Salad Wrap
freshly made egg salad with lettuce and tomato in a wrap

Conferences
Early Dismissal

Turkey Ranch Wrap
turkey breast with lettuce, tomato and ranch on a wrap

Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Lettuce & Tomato on a Whole Wheat Wrap



Pepper & Onion Pizza
fresh pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions

Buffalo Chicken Stromboli
zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough

Sausage & Mushroom Calzone
sweet Italian sausage, mushrooms and mozzarella stuffed in folded pizza dough and baked

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Mac & Cheese
pasta in cheese sauce, garnished with parsley
Steamed Broccoli

Reuben Sandwich
meat and Swiss cheese with sauerkraut and dressing, pressed between two slices of bread
Roasted Potatoes

Spicy Popcorn Chicken
Fresh Cucumber Salad



Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce

Toasty Garlic Mozzarella Sandwich with Tomato
toasted garlic bread sandwich stuffed with mozzarella and tomato

Chicken Club Sandwich
sandwich with grilled chicken, crispy bacon strips, lettuce and tomato

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Garden Salad Entree
fresh garden salad topped with meat

Cobb Salad
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg

Grilled Chicken Salad with Dinner Rolls
grilled chicken breast, lettuce, julienned carrots, sliced tomatoes and cucumbers

Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait



Fiesta Taco Salad
a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar

Ranch & Chicken Quesadilla
fiesta chicken, mozzarella and ranch dressing melted into a tortilla

Crispy Tacos
crispy taco shells filled with taco meat and cheddar cheese

Available Daily: Nacho Chips, Crispy and Soft Tacos, Rice with your choice of Beef, Chicken, Vegetables, Refried Beans, Cheese Sauce, Shredded Cheddar and Fresh Vegetable Toppings



Corn & Vegetable Salad
Green Pepper Slices
Fresh Baby Carrots
Fresh Broccoli
Fresh Orange
Melon Cup
Fresh Red Grapes
Pineapple

Tomato Salad
Side Salad
Garbanzo Beans
Fresh Apple
Strawberries
Fresh Banana

Side Salad
Grape Tomatoes
Fresh Baby Carrots
Fresh Apple
Strawberries
Fresh Banana

Fresh Fruits and Vegetables and Choice of Milk



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Fairfield Middle Schools

Welcome to our
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10/30/2017 - 10/31/2017

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Caesar Wrap
Caesar salad with crispy
chicken in a wrap

Tuna Salad Wrap*
fresh chunky tuna salad
with field greens and
tomatoes served in a wrap

Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Lettuce & Tomato on a Whole Wheat Wrap



Santa Margarita Pizza
whole wheat pizza crust
topped with shredded
mozzarella, plum
tomatoes and tomato
sauce

Meatball and Cheese
Stromboli
Meatballs and melted
cheese wrapped in pizza
dough

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Chicken & Broccoli Stir
Fry
tender chicken strips
sauteed with broccoli in a
stir fry sauce
Vegetable Fried Rice
rice sauteed with soy sauce
and vegetables

Boston's Favorite Panini
turkey breast, ham and
Swiss with lettuce and
tomato grilled to perfection
Baked Potato
Wedges Cinnamon Apple
Slices
crisp apple slices dusted
with cinnamon sugar



Beef Hot Dog on Bun
juicy beef hot dog on a soft
bun

Balsamic Glazed
Vegetable Sandwich
grilled eggplant, zucchini,
squash and peppers
marinated in balsamic
glaze on a roll

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



House Chop Salad with
Ham & Dinner Rolls
ham, tomatoes, and red
peppers on a bed of lettuce
served with Italian dressing

Spinach Mandarin Salad
with Dinner Rolls
tossed fresh spinach,
orange slices, onions and
mushrooms, topped with
shredded mozzarella

Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait



Fiesta Taco Salad
a crunchy tortilla bowl filled
with fiesta style beef,
cucumber, tomato, lettuce,
and cheddar

Quesadilla Santa Fe
chicken, cheddar, roasted
peppers and corn over
tortilla wrap spread with
salsa, folded and grilled

Available Daily: Nacho Chips, Crispy and Soft Tacos, Rice with your choice of Beef, Chicken, Vegetables, Refried Beans, Cheese Sauce, Shredded Cheddar and Fresh Vegetable Toppings



Potato Salad
Grape Tomatoes
Fresh Broccoli
Garbanzo Beans
Fresh Apple
Strawberries
Melon Cup
Fresh Red Grapes

Fresh Baby Carrots
Fresh Cucumber Salad
Red Pepper Strips
Mesclun Spring
Mix Strawberries
Fresh Orange
Pineapple
Fresh Banana

Fresh Fruits and Vegetables and Choice of Milk



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