

# Fairfield Middle Schools

Welcome to our  
Lunch Cafe

12/1/2017 - 12/1/2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

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



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

Calzone 3 Cheese  
calzone stuffed with three  
delicious melted cheeses



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

Mozzarella Sticks  
crispy mozzarella sticks  
filled with gooey cheese,  
perfect for dipping into your  
favorite sauce  
Garlic Bread



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

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



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

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



Fresh Fruits and Vegetables and Choice of Milk

Spinach Salad  
Grape Tomatoes  
Fresh Baby Carrots  
Garbanzo Beans  
Fresh Apple  
Fresh Orange  
Melon Cup  
Pineapple



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At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.  
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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# Fairfield Middle Schools

Welcome to our  
Lunch Cafe

12/4/2017 - 12/8/2017

## 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



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



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

Cheese Quesadilla  
*freshly grilled flour tortilla with melty cheese*

Burrito  
*fiesta style meat with sour cream, beans, rice, cheese, and lettuce wrapped in a tortilla*

Nachos with Cheese  
*creamy cheese layered over a bed of nachos*

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

Tomato Salad  
Side Salad  
Garbanzo Beans  
Red Pepper Strips  
Fresh Apple  
Melon Cup  
Pineapple  
Fresh Red Grapes

Fresh Baby Carrots  
Green Pepper Slices  
Garbanzo Beans  
Mesclun Spring Mix  
Fresh Apple  
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  
Grabe Tomatoes

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

Fresh Fruits and Vegetables and Choice of Milk



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# Fairfield Middle Schools

12/11/2017 - 12/15/2017

Welcome to our  
Lunch Cafe

**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

Grilled Veggie Wrap  
*grilled vegetables and  
cheese served on a wrap*

Classic Harvest Wrap  
*ham, mozzarella cheese,  
tossed greens and  
tomatoes wrapped in a  
wrap*

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



Stuffed Bread Sticks  
*baked bread sticks filled  
with melted cheese*

Meatball Pizza  
*cheese pizza topped with  
sliced meatball*

Chicken & Spinach  
Calzone  
*garlic toasted pizza crust  
filled with chicken, spinach,  
ricotta and melted cheeses*

Buffalo Chicken Pizza  
Pops  
*crispy pizza dough stuffed  
with cheddar cheese,  
buffalo chicken and ranch  
dressing*

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



Popcorn Chicken  
*breaded chicken bites  
baked to perfection*  
Roasted Lemon  
Parmesan Broccoli

Pancakes & Sausage  
*light and fluffy pancakes  
served with a sausage  
patty*  
Tator Tots

Buffalo Chicken and  
Cheese Quesadilla  
*fiesta style chicken and  
cheddar cheese inside a  
grilled folded tortilla spread  
with hot sauce*  
Fresh Cucumber Salad

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*

Cordon Bleu Griller  
*chicken tender sandwich  
topped with ham, Swiss  
cheese, and mustard,  
grilled to perfection*

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 Plattter  
*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*

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

Nachos with Cheese  
*creamy cheese layered  
over a bed of nachos*

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  
Green Pepper Slices  
Fresh Apple  
Fresh Orange  
Strawberries  
Fresh Red Grapes

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

Grape Tomatoes  
Garden Salad  
Black Beans  
Celery  
Fresh Apple  
Melon Cup  
Strawberries  
Fresh Red Grapes

Caesar Salad  
*fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side*  
Fresh Baby Carrots  
Garbanzo Beans  
Fresh Apple

Fresh Fruits and Vegetables and Choice of Milk



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# Fairfield Middle Schools

Welcome to our  
Lunch Cafe

12/18/2017 - 12/22/2017

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



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

Chicken Salad Wrap  
chicken salad in 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

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

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

Early Dismissal

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



Buffalo Chicken Mac & Cheese  
pasta in cheese sauce, topped with buffalo style chicken and garnished with parsley  
Steamed Broccoli

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

Tangerine Dream Chicken Rice Bowl  
Bowl with breaded chicken in tangerine sauce, brown rice, broccoli, carrots, and red peppers  
Garden Salad

Pasta & Meatballs  
freshly baked meatballs with tomato sauce over pasta   
Garlic Bread  
Sauteed Kale



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

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

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

Boston's Favorite Panini  
turkey breast, ham and Swiss with lettuce and tomato grilled to perfection

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

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

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

Nachos with Cheese  
creamy cheese layered over a bed of nachos

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  
Fresh Broccoli  
Garbanzo Beans  
Fresh Apple  
Strawberries  
Fresh Orange  
Fresh Banana

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

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

Fresh Fruits and Vegetables and Choice of Milk



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# Fairfield Middle Schools

Welcome to our  
Lunch Cafe

12/25/2017 - 12/29/2017

Monday

Tuesday

Wednesday

Thursday

Friday

Winter Break



Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten and allergen free foods. Visit [www.Whitsons.com](http://www.Whitsons.com) to see all that we are doing at your school to keep our young customers healthy!

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