

Fairfield High Schools

Welcome to our
Lunch Cafe

11/1/2017 - 11/3/2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

Chicken Salad Wrap
chicken salad in a wrap

American Beauty
Sandwich
*thinly sliced turkey and
cheese, lettuce and tomato
on a roll*

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



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

Tossed Salad Pizza
*pizza dough topped with
tossed greens, tomatoes
and balsamic vinaigrette*

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



Sausage, Egg & Cheese
Burrito*
*sausage, egg, cheese and
peppers wrapped inside a
flour tortilla*
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

Philly Cheese Sandwich
*beef topped with sauteed
peppers, onions and
melted cheese on a lightly
toasted bun*
Garden Salad



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

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: Nachos, Cripsy and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



Fish Sandwich
*fish fillet on a bun with
cheese*

Boneless Chicken Wings
*breaded chicken wings
baked to perfection*

Chicken Bacon Sandwich
*tender, crispy chicken patty
topped with crispy bacon
and leaf lettuce*

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



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 w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Grape Tomatoes
Cucumber Coins
Celery
Fresh Baby Carrots
Fresh Apple
Pineapple
Fresh Banana
Fresh Red Grapes

Garbanzo Beans
Romaine Lettuce
Green Pepper Slices
Fresh Baby Carrots
Fresh Orange
Pineapple
Fresh Strawberries
Fresh Red Grapes

Fresh Broccoli
Mesclun Spring Mix
Grape Tomatoes
Cucumber Coins
Fresh Apple
Fresh Orange
Melon Cup
Fresh Banana

Fresh Fruits and Vegetables and Choice of Milk



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Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.
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 High Schools

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11/6/2017 - 11/10/2017

Monday

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Wednesday

Thursday

Friday



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

**Election Day
No School**

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

Egg Salad Sandwich
fresh mixed egg salad on assorted bread options

**Veterans' Day
No School**

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



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

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

BBQ Chicken Pizza
fresh pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring Whole Grain Rich Pizza Dough



Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Meatball Dunkers
Caesar Salad

Buffalo Chicken Sauce & Toss
popcorn chicken glazed with Buffalo sauce
Brown Rice
Veggie Dippers

Sausage Onions & Peppers Sandwich
Italian sausage sandwich topped with sauteed onions and peppers
Tomato Salad



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

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

Nachos with Cheese
creamy cheese layered over a bed of nachos

Available Daily: Nachos, Crips and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



Egg and Cheese Sandwich
breakfast sandwich topped with egg and cheese

BBQ Rib Sandwich
BBQ rib patty on a bun

Boneless Chicken Wings
breaded chicken wings baked to perfection

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



Garden Salad Entree
fresh garden salad topped with meat

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 w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Com & Vegetable Salad
Fresh Broccoli
Mesclun Spring Mix
Green Pepper Slices
Fresh Apple
Melon Cup
Pineapple
Fresh Red Grapes

Tomato Salad
Cucumber Coins
Garbanzo Beans
Celery
Fresh Orange
Melon Cup
Fresh Banana
Fresh Strawberries

Bean Salad
Fresh Broccoli
Grape Tomatoes
Cucumber Coins
Red Pepper Strips
Pineapple
Fresh Banana
Celery
Fresh Red Grapes



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Fairfield High Schools

11/13/2017 - 11/17/2017

Welcome to our
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Monday

Tuesday

Wednesday

Thursday

Friday



BBQ Chicken Wrap
chicken breast with BBQ sauce, lettuce and tomato in a wrap

Grilled Veggie Wrap
grilled vegetables and cheese served on a wrap

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

Roma Pepperoni Griller
grilled cheese with mozzarella, pepperoni, pizza sauce, and provolone

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

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



Buffalo Chicken Pizza
cheese pizza topped with Buffalo chicken pieces

Meatball and Cheese Stromboli
Meatballs and melted cheese wrapped in 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

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

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring Whole Grain Rich Pizza Dough



Baked Pasta with Cheese
pasta topped with melted cheese, baked to perfection
Roasted Lemon Parmesan Broccoli

French Toast
French toast baked to perfection
Scrambled Eggs
Turkey Bacon
Strawberry Cup

Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Brown Rice
Sauteed Kale

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

Greek Chicken Flatbread
grilled flatbread with greek style chicken, topped with feta and mozzarella cheeses, roasted red peppers and spinach
Tomato Salad



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

Cheese Quesadilla
freshly grilled flour tortilla with melty cheese

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

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: Nachos, Crips and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



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

Boneless Chicken Wings
breaded chicken wings baked to perfection

Bacon Cheeseburger
burger topped with cheese and bacon on a freshly toasted bun

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

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

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



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 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 w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Potato Salad
Fresh Broccoli
Mesclun Spring Mix
Red Pepper Strips
Fresh Apple
Fresh Orange
Pineapple
Fresh Red Grapes

Grape Tomatoes
Green Bean Salad
Mesclun Spring Mix
Red Pepper Strips
Fresh Orange
Melon Cup
Fresh Strawberries
Fresh Red Grapes

Fresh Baby Carrots
Fresh Cucumber Salad
Red Pepper Strips
Lite Veggie Pasta Salad
Fresh Apple
Pineapple
Fresh Banana
Fresh Red Grapes

Bean and Vegetable Salad
Fresh Broccoli
Grape Tomatoes
Cucumber Coins
Fresh Orange
Melon Cup
Fresh Banana
Fresh Strawberries

Side Salad
Celery
Red Pepper Strips
Fresh Baby Carrots
Mediterranean
Watermelon Side Salad
Fresh Apple
Pineapple
Fresh Strawberries



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Fairfield High Schools

Welcome to our
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11/20/2017 - 11/24/2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

Chicken Delight Wrap
chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla

Early Dismissal

Happy Thanksgiving!

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



Hawaiian Pizza
ham and pineapple chunks over a cheese pizza slice

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



Steamed Dumplings
stuffed dumplings perfect for dipping in your favorite Asian sauce
Vegetable Fried Rice

Chicken Nugget & Mozzarella Stick Combo
everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce
Garlic Bread
Caesar Salad



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

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

Available Daily: Nachos, Crispy and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



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

Buffalo Burger
grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



Garden Salad Entree
fresh garden salad topped with meat

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

Available Daily: Garden Salad w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Corn & Vegetable Salad
Fresh Broccoli
Garbanzo Beans
Cucumber Coins
Fresh Apple
Fresh Orange
Melon Cup
Fresh Red Grapes

Red Pepper Strips
Squash Medley
Mesclun Spring Mix
Fresh Baby Carrots
Fresh Orange
Melon Cup
Pineapple
Fresh Strawberries



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Fairfield High Schools

Welcome to our
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11/27/2017 - 11/30/2017

Monday

Tuesday

Wednesday

Thursday

Friday



Love At First Bite Sandwich
turkey breast and cheese with lettuce and tomato on a roll spread with thousand island dressing

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

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

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

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



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

Bacon Pizza
pizza dough topped with tomato sauce, cheese and crispy bacon

Fresh Basil & Red Pepper Pizza
pizza topped with roasted peppers and fresh basil

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

St. Louis BBQ Rib Sandwich*
boneless ribs in bbq sauce with cheddar and onion rings on a bun
Baked potato

Pasta Alfredo with Chicken & Broccoli
pasta with alfredo sauce, grilled chicken strips and broccoli florets
Roasted Parmesan Butternut Squash

Waffles
whole grain waffles
Scrambled Eggs
Tator Tots
Syrup



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

Veggie Bean Quesadilla
cheesy quesadilla, stuffed with black beans, onions and sauteed peppers

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

Nachos with Cheese
creamy cheese layered over a bed of nachos

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Chicken Bacon Sandwich
tender, crispy chicken patty topped with crispy bacon and leaf lettuce

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

Chicken Parm Sandwich
chicken patty topped with melted cheese and tomato sauce on a roll

Grilled Cheese
melted cheese on golden toasted bread

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



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 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

Available Daily: Garden Salad w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Potato Salad
Fresh Broccoli
Garbanzo Beans
Grape Tomatoes
Fresh Orange
Fresh Strawberries
Fresh Red Grapes

Fresh Baby Carrots
Celery
Green Pepper Slices
Cucumber Coins
Fresh Apple
Melon Cup
Pineapple
Fresh Red Grapes

Grape Tomatoes
Mesclun Spring Mix
Garbanzo Beans
Red Pepper Strips
Fresh Orange
Melon Cup
Fresh Banana
Fresh Strawberries

Bean Salad
Fresh Broccoli
Cucumber Coins
Side Garden Salad
Fresh Apple
Pineapple
Fresh Strawberries
Fresh Red Grapes



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