

Fairfield Middle 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

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



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



Buffalo Chicken and
Cheese Quesadilla
fiesta style chicken and
cheddar cheese inside a
grilled folded tortilla spread
with hot sauce
Sauteed Corn & Black
Bean Salsa

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

Boneless Chicken Wings
breaded chicken wings
baked to perfection
Brown Rice
Side of Carrots



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



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



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



Tomato Salad
diced tomatoes in light
dressing
Fresh Broccoli
Spinach Salad
Fresh Orange
Pineapple
Green Pepper Slices

Chickpea Salad
chickpeas tossed in light
italian dressing and
garnished with parsley
Side Salad
Grape Tomatoes
Fresh Broccoli
Fresh Apple

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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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 Middle Schools

Welcome to our
Lunch Cafe

11/6/2017 - 11/10/2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

**Election Day
No School**

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*

**Veterans' Day
No School**

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*

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*

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
Tator Tots

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



Boneless Chicken Wings
*breaded chicken wings
baked to perfection*

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

BBQ Rib Sandwich
BBQ rib patty on a bun

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



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, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait



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

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*

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

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

Fresh Fruits and Vegetables and Choice of Milk



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Fairfield Middle Schools

Welcome to our
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11/13/2017 - 11/17/2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

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

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



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

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

Meatball Pizza
cheese pizza topped with
sliced meatball

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

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

Fiesta Chicken Rice Bowl
rice topped with beans,
chicken, corn and cheese
Corn & Vegetable Salad

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

Buffalo Chicken Sauce &
Toss
popcorn chicken glazed
with Buffalo sauce
Fresh Cucumber Salad

Lasagna Rollup
traditional cheesy lasagna,
rolled up and topped with
tomato sauce
Garlic Bread
Lemon Marinated Carrots



Egg and Cheese
Sandwich
breakfast sandwich topped
with egg and cheese

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

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

BBQ Chicken Sandwich
baked chicken smothered
in BBQ sauce 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

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, 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

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

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



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

Tomato Salad
diced tomatoes in light
dressing
Spinach Salad
Cucumber Coins
Green Pepper Slices
Fresh Pear
Fresh Orange

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

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

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

11/20/2017 - 11/24/2017

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

**Early
Dismissal**

**Happy Thanksgiving!
No School**

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

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

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



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

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

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

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
Red Pepper Strips
Garbanzo Beans
Fresh Apple
Strawberries
Melon Cup
Fresh Banana

Fresh Fruits and Vegetables and Choice of Milk



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Fairfield Middle Schools

Welcome to our
Lunch Cafe

11/27/2017 - 11/30/2017

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

Grilled Veggie Wrap
grilled vegetables and
cheese served on 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



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

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

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



General Tso's Chicken
crispy chicken with broccoli
in General Tso's sauce
Vegetable Fried Rice

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

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

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



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

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

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



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

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

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

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

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

Grape Tomatoes
Side Salad
Carrot Dippers
Celery Sticks
Fresh Apple
Melon Cup
Strawberries
Fresh Red Grapes

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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