Fairfield Middle Sch	ools From 1/1/2016 To	1/1/2016 Choices Healthy Entree	.		WHITSONS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	School Nutrition FRIDAY
		TELSDITT	WEDITEDDIT		
					NEW YEARS DAY
		INTER BREA	AK NO SCHO	DOL	
		e)	rs Head Turkey or Ham, Hard Bo		
AT LEA AV	AST 2 TYPES OF MILK AVAIL AILABLE DAILY WITH SAL	TEIN CHOICE, FRESH VEG ABLE DAILY: 1% LOW FAT AD LUNCH: PROTEIN CHO	UNFLAVORED, FAT FREE F ICE, WHOLE GRAIN ITEM,	LAVORED, FAT FREE UNFL FRUIT CHOICE & MILK CH	AVORED OICE
***Consuming raw of certain medical conc when available. If ye	r undercooked meat, pou litions. ■ If you have a foo u bave apy cuestions of	ltry, seafood, shelffish or od allergy, please speak would like additional Inf	eggs may increase your to the Director or Lead Se ormation regarding this	risk of food borne illness erver. Menu is subject to menu, please contact th	, especially if you have change, notice posted food service director
when available. If yo	The USDA and this	institution are both eq	ual opportunity provid	ers and employers.	e loou service director.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wraps 2 Go Petet and Presh Wraps to Ge	Turkey Ranch Wrap Boar's Head turkey breast with lettuce, tomato and ranch on a whole wheat wrap	Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a whole wheat wrap	Ham & Cheese Sushi Roll thinly sliced ham and American cheese rolled up sushi style in whole wheat bread	Grilled Veggie Wrap grilled red and green peppers, low fat mozzarella, onions and tomatoes served on a whole wheat wrap V	Chicken Delight Wrap crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla
	o.		AILY: Ham, Turkey and Buffalo C Wheat Wraps	nicken whole	
Lacucina FIALIAN BISTRO	Beef & Cheese Stromboli garlic toasted whole grian pizza crust filled with beef, mozzarella and marinara sauce	Broccoli Cheddar Pizza fresh whole grian pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli florets	Chicken Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices Plain and Pepperoni Whole Grain	Chicken Fajita Pizza cheesy pizza slice topped with fajita chicken, onions and peppers	Grilled Vegetable Pizza grilled pizza topped w zucchini, squash, eggplant, scallions ar mozzarella
	Pasta with Meat	Mac & Cheese	Mozzarella Sticks	Quesadilla	Pancakes with
CHEF Entering Homestyle Custome PRODUCTIONS	Sauce* whole grain penne pasta topped with meat sauce Spinach Salad Garlic Bread	Chicken Fajita creamy macaroni and cheese tossed with sauteed peppers and onions, fajita chicken and diced tomatoes	with Homemade Marinara Sauce Baked Tater Tots Spinach & Tomato Salad	Pizzadilla mozzarella cheese, chicken pepperoni and salsa on tortilla wrap spread with pizza sauce, folded and grilled Yellow Rice Black Bean Salad	Turkey Sausage light and fluffy whole grain pancakes serve with turkey sausage Hash Browns Broccoli
	Spicy Chicken	Grilled Mozzarella	Hot Dog on a Bun	Spicy Chicken	Bacon
	Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun	on Garlic Bread toasted garlic bread sandwich stuffed with mozzarella Baked Tater Tots	beef hot dog nestled on a soft bun and topped with your choice of condiments	Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun	Cheeseburger beef burger patty topped with crispy bacon strips on a wh wheat bun
	AVAILAE	LE DAILY: Hamburger, Cheeseb	urgers,Turkey Burgers & Veggie B Roll	urgers served on Whole Wheat	
E RALT	Turkey Garden Salad turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll AVAILABLE T	salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad	Tossed Salad with Shredded Cheese & 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a & Chicken Caesar Salad served	Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll O with Twin Whole Wheat Dinner R	Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta cher and black olives
			Dressing.		
Coyote Grill Judikerte subar	Cheese Enchilada crispy cheese tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream	Chicken & Cheese Quesadilla fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla	Beefy Burrito fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla	Pico & Cheese Nachos crispy tortilla chips served with cheese sauce and fresh pico de gallo	Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de ga cheddar and sour
	AVAILABLE	DAILY: Crunchy or Soft Tacos an	d Nacho Chips. Toppings include Sauce	: Salsa, Sour Cream, Lettuce and	Cheddar Cheese
Healthy	<i>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Fresh Red Grapes</i>	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Banana Protein Choices: Boars	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Pear Fresh Orange Head Turkey or Ham, Hard Boile	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Pear Banana

***Consuming raw or undercooked meat, poultry, seafood, shelffish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. ■ If you have a food allergy, please speak to the Director or Lead Server. Menu is subject to change, notice posted when available. If you have any questions or would like additional Information regarding this menu, please contact the food service director. The USDA and this institution are both equal opportunity providers and employers.

V = Vegetarian	🍎 = Smart C	WHITSONS School Nutrition			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wraps 2 Go	Turkey Ranch Wrap Boar's Head turkey breast with lettuce, tomato and ranch on a whole wheat wrap	Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a whole wheat wrap	Ham & Cheese Sushi Roll thinly sliced ham and American cheese rolled up sushi style in whole wheat bread [©]	Grilled Veggie Wrap qrilled red and qreen peppers, low fat mozzarella, onions and tomatoes served on a whole wheat wrap V	Chicken Delight Wrap crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla
		AVAILABLE DAILY: H	am, Turkey and Buffalo Chicken	Whole	
La Cucina HALIAN BISTRO	Beef & Cheese Stromboli garlic toasted whole grian pizza crust filled with beef, mozzarella and marinara sauce	Broccoli Cheddar Pizza fresh whole grian pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli floavill ABLE DAILY: Plain ar	Wheat Wraps Chicken Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices d Pepperoni Whole Grain Pizza	Chicken Fajita Pizza cheesy pizza slice topped with fajita chicken, onions and peppers	Grilled Vegetable Pizza grilled pizza topped wi zucchini, squash, eggplant, scallions an mozzarella
			Slice		
	Meatloaf with Gravy savory beef meatloaf with a hearty brown gravy Mashed Potatoes	Rotisserie Chicken Sauteed Onions Brown Rice	Beef Lasagna Roll- Ups rolled up lasaqna noodles, stuffed with ricotta and parmesan cheeses, ground beef, tomato sauce and melted mozzarella cheese.	General Tso's Popcorn Chicken popcorn chicken tossed in a General Tso's sauce Yellow Rice Vegetable Stir Fry	Waffles with Turkey Sausage light and crisp whole grain waffles served with a sausage patty Hash Browns
	Spicy Chicken Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun	Grilled Mozzarella on Garlic Bread toasted garlic bread sandwich stuffed with mozzarella V	Hot Dog on a Bun beef hot dog nestled on a soft bun and topped with your choice of condiments	Spicy Chicken Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun	Bacon Cheeseburger beef burger patty topped with crispy bacon strips on a who wheat bun [©]
	AVAIL	ABLE DAILY: Hamburger, Cheese	burgers,Turkey Burgers & Veggie Roll	Burgers served on Whole Wheat	
EXPRESS DALLY	Turkey Garden Salad turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll	salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad	Tossed Salad with Shredded Cheese & 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a	Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll V	Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta chee and black olives
	AVAILABLE	E DAILY: Garden Salad, Chef Sal	ad & Chicken Caesar Salad serve Dresssing	ed with Twin Whole Wheat Dinner	Rolls & Low Fat
Coyote Grill	Cheese Enchilada crispy cheese tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream	Chicken & Cheese Quesadilla fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla	Beefy Burrito fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla	Pico & Cheese Nachos crispy tortilla chips served with cheese sauce and fresh pico de gallo 🔮	Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gali cheddar and sour
	AVAILABLE DAI	LY: Crunchy or Soft Tacos and N	acho Chips. Toppings include: Sa Sauce	llsa, Sour Cream, Lettuce and Ch	eddar Cheese
Healthy	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Banana Empire Apple Protein Choices: Boars He	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple ad Turkey or Ham, Hard Boiled E	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Empire Apple gg or	<i>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Fresh Red Grapes</i>
ME	AL PRICE INCLUDES: PRO	aj a	Cheese		
	AL PRICE INCLUDES: PRO				

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Fairfield Middle Sch	ools From 1/18/2016 To	0 1/22/2016			W
🚺 = Vegetarian	🍎 = Smart C	hoices Healthy Entree	9		WHITSONS School Nutrition
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wraps 2 Go		Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a whole wheat wrap	Ham & Cheese Sushi Roll thinly sliced ham and American cheese rolled up sushi style in whole wheat bread [©]	Grilled Veggie Wrap qrilled red and qreen peppers, low fat mozzarella, onions and tomatoes served on a whole wheat wrap O	Chicken Delight Wrap crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla
			DAILY: Ham, Turkey and Buffalo (Wheat Wraps	Chicken Whole	
Lacucina HALIAN BISTRO		Broccoli Cheddar Pizza fresh whole grian pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli florets V AVAILABLE DAILY	Chicken Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices Plain and Pepperoni Whole Gra	Chicken Fajita Pizza cheesy pizza slice topped with fajita chicken, onions and peppers in Pizza by the Slice	Grilled Vegetable Pizza grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella
CHEF Enticing Homestyle Curisine PRODUCTIONS		Mexi Macaroni & Cheese tender pasta with beef, jalapeño, pepper jack cheese and tomatoes in a creamy cheese sauce Carrots	Chicken Fajita Stir Fry Over Pasta fajita chicken tossed with vegetables served over whole grain spaghetti	Cheesy Stuffed Breadsticks gooey mozzarella cheese filled whole wheat sticks great for dunking in your favorite sauce	BBQ Rotisserie Chicken tender rotisserie chicken marinated in bbg sauce Sauteed Kale
WHERE A LEAST OF CONTROL OF CONTR	AVAIL	Grilled Mozzarella on Garlic Bread toasted garlic bread sandwich stuffed with mozzarella O ABLE DAILY: Hamburger, Chees	Hot Dog on a Bun beef hot dog nestled on a soft bun and topped with your choice of condiments eburgers,Turkey Burgers & Veggi	Spicy Chicken Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun e Burgers served on Whole Whea	Bacon Cheeseburger beef burger patty topped with crispy bacon strips on a whole wheat bun •
EXPRESS DAILEY	AVAILABLE DAIL	Antipasto Salad with 2 Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad Garden Salad, Chef Salad & C	Tossed Salad with Shredded Cheese & 2 Dinner Roll mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a hicken Caesar Salad served with Dressing	Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll V	onion, tomatoes, cucumbers, feta cheese and black olives
Coyote Grill	AVAILABLE DAILY	Chicken & Cheese Quesadilla fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla	Beefy Burrito fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla	Pico & Cheese Nachos crispy tortilla chips served with cheese sauce and fresh pico de gallo	Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream idar Cheese
Healthy		Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Empire Apple Fresh Orange Protein Choices: Boa	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Banana ars Head Turkey or Ham, Hard Bo	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Bartlett Pear iled Egg or Cheese	<i>Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Fresh Orange</i>
AT LEA	ST 2 TYPES OF MILK AVAIL AILA BLE DAILY WITH SAL	ABLE DAILY: 1% LOW FAT AD LUNCH: PROTEIN CHO	UNFLAVORED, FAT FREE FICE, WHOLE GRAIN ITEM,	FRUIT CHOICE, BREAD CH LAVORED, FAT FREE UNFL FRUIT CHOICE & MILK CH risk of food borne illness	_AVORED OICE
certain medical cond	r undercooked meat, pou litions. ■ If you have a foc u have any questions or	od allergy, please speak i would like additional Inf	to the Director or Lead Sormation regarding this	erver. Menu is subject to	change, notice posted

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	School Nutrition FRIDAY
Wraps 2 Go	Turkey Ranch Wrap Boar's Head turkey breast with lettuce, tomato and ranch on a whole wheat wrap	Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a whole wheat wrap	Ham & Cheese Sushi Roll thinly sliced ham and American cheese rolled up sushi style in whole wheat bread ©	Grilled Veggie Wrap qrilled red and green peppers, low fat mozzarella, onions and tomatoes served on a whole wheat wrap O	Chicken Delight Wrap crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla
		AVAILABLE DAILY:	Ham, Turkey and Buffalo Chicke —Wheat Wraps	n Whole	
Lacucina Italian Bistro	Beef & Cheese Stromboli garlic toasted whole grian pizza crust filled with beef, mozzarella and marinara sauce	Broccoli Cheddar Pizza fresh whole grian pizza dough topped with marinara sauce, mozzarella, cheddar cheese and broccoli florets VAILABLE DAILY: Plain and Pe	Chicken Pepperoni Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices operoni Whole Grain Pizza by the	Chicken Fajita Pizza cheesy pizza slice topped with fajita chicken, onions and peppers	Grilled Vegetable Pizza grilled pizza topped wi zucchini, squash, eggplant, scallions an mozzarella V
CHEF Enticing Homestyle Cuisine PRODUCTIONS	Buffalo Style Baked Chicken Tenders crispy chicken tenders perfect for dunking in our buffalo sauce and served with carrot and celery sticks Broccoli Florets	Sii Burger Bar all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun	ee Pasta with Meat Sauce* whole grain penne pasta topped with meat sauce	General Tso's Popcorn Chicken popcorn chicken and broccoli, smothered in a general tso's sauce	French Toast Sticks & Turkey Sausage whole grain french toast sticks, served with turkey sausage Hash Browns
SERUBYS SECURITY	Spicy Chicken Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun	Grilled Mozzarella on Garlic Bread toasted garlic bread sandwich stuffed with mozzarella	Hot Dog on a Bun beef hot dog nestled on a soft bun and topped with your choice of condiments	Spicy Chicken Sandwich a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun	Bacon Cheeseburger beef burger patty topped with crispy bacon strips on a who wheat bun [©]
		ABLE DAILT. Hamburger, Onees	eburgers, rurkey burgers a veggr	e Durgers served on whole whea	
EXPRESS DATE	Turkey Garden Salad turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll AVAILABLE DA	Antipasto Salad with 2 Dinner Rolls salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad LY: Garden Salad, Chef Salad &		Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll h Twin Whole Wheat Dinner Roll	Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta chee and black olives & Low Fat
Coyote Grill Determenter	Cheese Enchilada crispy cheese tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream	Chicken & Cheese Quesadilla fiesta style chicken with melted American cheese pressed inside a whole wheat tortilla Crunchy or Soft Tacos and Nach		Pico & Cheese Nachos crispy tortilla chips served with cheese sauce and fresh pico de gallo Sour Cream, Lettuce and Chedd	Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gall cheddar and sour cream ar Cheese
Healthy Harvest	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Banana Empire Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Fresh Apple Fresh Orange Protein Choices: Boars He	Sauce Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Apple Banana ad Turkey or Ham, Hard Boiled E Cheese	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Fresh Orange Fresh Apple	Romaine Lettuce Celery Sticks Baby Carrots Garbanzo Beans Cucumber Slices Banana Fresh Orange

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