

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>Caesar Chicken Wrap <i>caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled</i></p>	<p>Tuna Salad in a Pita Pocket <i>tuna salad stuffed inside a pita</i> 🍷</p>	<p>Turkey Melt <i>thinly sliced turkey breast and melted American cheese on toasty bread</i></p>	<p>Chicken Salad on Club Roll <i>chicken salad, made with only white meat, on a whole wheat club roll</i> 🍷</p>
<p>Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles</p>					
		<p>Broccoli & Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with broccoli and mozzarella</i> 🍷</p>	<p>Pepperoni Calzone <i>whole grain calzone with pepperoni and ricotta cheese</i> 🍷</p>	<p>Buffalo Chicken Pizza <i>buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough</i></p>	<p>Caramelized Onion & Cheese Calzone <i>garlic toasted whole grain calzone filled with grilled onions, ricotta and melted mozzarella cheese</i> 🍷</p>
<p>Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
		<p>Popcorn Chicken <i>bite size crispy breaded chicken, perfect for dipping in your favorite sauce</i> Baked Sweet Potato Fries</p>	<p>Chicken & Vegetable Dumplings <i>a flavorful combination of chicken and veggies tucked into a soft dumpling shell</i> Japanese Vegetable Stir Fry</p>	<p>Meatball Hero <i>beef and chicken meatballs with tomato sauce on a whole wheat club roll</i> Garbanzo Bean & Spinach Salad</p>	<p>French Toast Sticks <i>crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup</i> 🍷 Pork Sausage Patty Hash Browns</p>
		<p>Grande Chicken & Cheese Quesadilla <i>fiesta chicken, shredded cheese and pico de gallo melted into a tortilla</i></p>	<p>Beefy Burrito <i>fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</i></p>	<p>Cheese Enchilada <i>crispy cheese tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream</i> 🍷</p>	<p>Chicken Taco Salad <i>a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour</i></p>
<p>Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce</p>					
		<p>Pizza Burger <i>beef burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a whole wheat bun</i></p>	<p>Chicken Nugget & Mozzarella Stick Combo <i>everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce</i></p>	<p>Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i></p>	<p>Spicy Chicken Sandwich <i>a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun</i></p>
<p>Available Daily: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on whole wheat Roll</p>					
		<p>Cobb Salad with Dinner Roll <i>tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and croutons</i></p>	<p>Tossed Salad with Shredded Cheese & 2 Dinner Roll <i>mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dressing</i> 🍷</p>	<p>Spinach Salad with Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll</i> 🍷</p>	<p>Greek Salad with Dinner Roll <i>romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</i></p>
<p>Available Daily: Garden Salad, Chef Salad & Chicken Salad, served with twin whole wheat dinner rolls & low fat dressing</p>					
		<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Red Delicious Apple Fresh Orange</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Red Grapes Pear</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Red Delicious Apple Fresh Orange</p>

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MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE
AT LEAST 2 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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	<p>Classic Harvest Wrap <i>Boar's Head ham, mozzarella cheese, tossed greens and tomatoes wrapped in a white whole wheat wrap</i></p>	<p>Election Day No School</p>	<p>Farmer's Market Wrap <i>carrots, cucumbers, onions, peppers, tomatoes and lettuce stuffed in a white whole wheat wrap with American and Swiss</i></p>	<p>Honey Mustard Chicken Wrap <i>crispy breaded chicken patty, romaine lettuce and honey mustard dressing in a whole wheat wrap</i></p>	<p>Veterans' Day No School</p>
<p>Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone. Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles</p>					
	<p>Pizza Bagel <i>fresh whole wheat bagel topped with marinara sauce and mozzarella cheese</i></p>		<p>Three Cheese Calzone <i>whole grian calzone with mozzarella, parmesan and ricotta cheese</i></p>	<p>Buffalo Chicken Pizza Pops <i>crispy pizza dough stuffed with cheddar cheese, buffalo chicken and ranch dressing</i></p>	
<p>Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Cordon Bleu Griller <i>with whole wheat French bread, breaded chicken, swiss cheese, mustard and ham</i></p>		<p>Philly Cheese Steak Sandwich <i>thinly sliced steak with sauteed peppers and onions and melted mozzarella on a whole wheat kaiser roll</i></p>	<p>Jamaican Beef Patty <i>golden flaky pastry dough stuffed with beef simmered in a delicious spicy sauce</i> Black Bean Salad</p>	
	<p>Beef Burrito Bowl <i>brown rice, topped with fiesta style beef, black beans, lettuce, sautéed onions and peppers, pico de gallo and baked tortilla strips</i></p>		<p>Chicken Burrito <i>fiesta chicken with black beans, rice, cheddar and lettuce, wrapped in a tortilla</i></p>	<p>Veggie Harvest Enchilada <i>crispy veggie filled enchilada with chili sauce and cheddar cheese baked in, served with pico de gallo and sour cream</i></p>	
<p>Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce over top</p>					
	<p>Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce</i></p>		<p>Texas Rib Sandwich <i>boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun</i></p>	<p>Chicken Parm Sandwich <i>lightly breaded chicken breast patty topped with melted mozzarella and tomato sauce on a toasted whole grain</i></p>	
<p>Available Daily: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on whole wheat Roll</p>					
	<p>Turkey Garden Salad <i>turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll</i></p>		<p>Tossed Salad with Shredded Cheese & 2 Dinner Roll <i>mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a</i></p>	<p>Spinach Salad with Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll</i></p>	
<p>Available Daily: Garden Salad, Chef Salad & Chicken Salad, served with twin whole wheat dinner rolls & low fat dressing</p>					
	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple</p>		<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple</p>	

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AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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Fairfield High Schools From 11/14/2016 To 11/18/2016



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WEDNESDAY

THURSDAY

FRIDAY

	<p>Egg Salad in a Pita* ✔</p>	<p>BBO Chicken Wrap <i>diced barbecue chicken with lettuce and tomatoes, wrapped in a whole wheat tortilla</i> 🍅</p>	<p>Thanksgiving Wrap <i>turkey breast, mozzarella cheese, lettuce, mayo and cranberry sauce on a whole wheat wrap</i></p>	<p>Boars Head Turkey BLT Sandwich <i>turkey with lettuce, tomato and bacon on bread</i></p>	<p>Vegetarian Wrap <i>mozzarella cheese, cucumbers, tomatoes, olives, red onions on a tortilla wrap spread with hummus</i> ✔</p>
<p>Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles</p>					
	<p>Bacon Pizza <i>whole wheat pizza dough topped with tomato sauce, cheese and crispy bacon</i> 🍕</p>	<p>Beef & Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with beef, mozzarella and marinara sauce</i></p>	<p>Meatball Calzone <i>garlic toasted whole grain calzone filled with meatballs, ricotta and melted cheeses</i></p>	<p>Margherita Pizza <i>whole wheat pizza dough topped with tomato sauce, mozzarella, fresh tomatoes and basil</i> ✔</p>	<p>Chicken Parmesan Calzone <i>garlic toasted pizza crust, stuffed with ricotta cheese, melted mozzarella and diced chicken cutlet</i></p>
<p>Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Mac & Cheese <i>whole grain elbow pasta in a creamy cheese sauce</i> ✔ Peas</p>	<p>Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i> Baked Sweet Potato Fries</p>	<p>Roast Turkey Breast with Gravy <i>tender roasted turkey smothered with turkey gravy</i> Oven Roasted Potatoes</p>	<p>Mini Cheese Ravioli <i>mini cheesy ravioli topped with tomato sauce</i> ✔ 🍅 WW Dinner Roll Broccoli & Garbanzo Bean Salad</p>	<p>Brunch 4 Lunch: Sausage Egg & Cheese Sandwich <i>sausage, egg and American cheese served in a whole wheat kaiser roll</i></p>
	<p>Chicken Burrito Bowl <i>brown rice topped with fajita style chicken, black beans, lettuce, sautéed onions and peppers, pico de gallo and tortilla strips</i></p>	<p>Veggie Bean Quesadilla <i>cheesy quesadilla, stuffed with black beans, onions and sauteed peppers</i></p>	<p>Beefy Burrito <i>fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</i></p>	<p>Chicken Enchilada <i>crispy chicken tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream</i></p>	<p>Fiesta Taco Salad <i>fiesta style beef, lettuce and tomatoes served on a whole wheat tortilla bowl</i></p>
<p>Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce</p>					
	<p>Buffalo Chicken Sandwich <i>spicy chicken patty with lettuce and tomatoes on a club roll</i></p>	<p>Fish Sandwich <i>fish fillet on a whole wheat bun with lettuce and cheese</i></p>	<p>Turkey Bacon Cheeseburger <i>beef cheeseburger topped with turkey bacon, lettuce and tomato, on a whole wheat hamburger bun</i></p>	<p>Grilled Cheese Sandwich <i>grilled American cheese on whole wheat</i> ✔</p>	<p>Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i></p>
<p>Available Daily: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on whole wheat Roll</p>					
	<p>Turkey Garden Salad <i>turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll</i></p>	<p>Cobb Salad with Dinner Roll <i>tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and croutons</i></p>	<p>Tossed Salad with Shredded Cheese & 2 Dinner Roll <i>mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dressing</i></p>	<p>Spinach Salad with Dinner Roll <i>with eggs, mushrooms and red onions served with a dinner roll</i> ✔</p>	<p>Greek Salad with Dinner Roll <i>romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</i></p>
<p>Available Daily: Garden Salad, Chef Salad & Chicken Salad, served with twin whole wheat dinner rolls & low fat dressing</p>					
	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple Potato Salad Deli Style Coleslaw</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple</p>

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	<p>Athenian Wrap <i>lettuce, tomato, red onion, green peppers, cucumbers and feta wrapped in a tortilla</i> ✓</p>	<p>Love at First Bite Sandwich <i>Boar's Head turkey breast and American cheese with lettuce and tomato on a club roll spread with Thous. Isl.</i></p>	<p>Early Dismissal</p>	<p>Happy Thanksgiving!</p>	<p>Thanksgiving Recess</p>
<p>Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles</p>					
	<p>Buffalo Chicken Pizza <i>buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough</i></p>	<p>Pepperoni & Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with pepperoni, melted mozzarella cheese and marinara sauce</i> ✓</p>			
<p>Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Chicken Teriyaki over Brown Rice <i>tender Teriyaki chicken served over steamed brown rice</i></p>	<p>Cheesy Stuffed Breadsticks with Marinara Sauce <i>cheesy stuffed breadstick dunkers with marinara sauce</i> ✓</p>			
	<p>Chicken Burrito Bowl <i>brown rice topped with fajita style chicken, black beans, lettuce, sautéed onions and peppers, pico de gallo and tortilla strips</i></p>	<p>Beef & Cheddar Quesadilla <i>fiesta style beef folded inside a grilled tortilla with cheddar and pico de gallo</i></p>			
<p>Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce</p>					
	<p>Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce</i> ✓</p>	<p>Cactus Jack Wrap <i>grilled chicken breast drizzled with hot sauce, with lettuce and tomato on a whole wheat wrap</i></p>			
<p>Available Daily: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on whole wheat Roll</p>					
	<p>Turkey Garden Salad <i>turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll</i></p>	<p>Cobb Salad with Dinner Roll <i>tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and</i></p>			
<p>Available Daily: Garden Salad, Chef Salad & Chicken Salad, served with twin whole wheat dinner rolls & low fat dressing</p>					
	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Orange Red Delicious Apple</p>			

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	<p>Tuna Salad on a Bagel tuna salad with lettuce served on a whole wheat bagel</p>	<p>BBO Turkey Wrap Boar's Head turkey breast, bbq sauce, lettuce and tomato on a whole wheat Wrap</p>	<p>The Red Square Wrap Boar's Head turkey and Swiss cheese in a whole wheat wrap, smothered in thousand island dressing, with</p>		
<p>Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles</p>					
	<p>Pizza Bites cheese and tomato sauce baked in a crispy whole grain pocket</p>	<p>Buffalo Chicken Stromboli zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough</p>	<p>White Pizza fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella cheese, baked to perfection</p>		
<p>Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>General Tso's Popcorn Chicken popcorn chicken tossed in a General Tso's sauce Brown Rice</p>	<p>Grilled Cheese Bar</p>	<p>Shepherd's Pie mashed potato pie, with ground beef, onions, pepper, corn, gravy and melted cheddar cheese</p>		
	<p>Chicken Burrito Bowl brown rice topped with fajita style chicken, black beans, lettuce, sautéed onions and peppers, pico de gallo and tortilla</p>	<p>Ranch & Chicken Quesadilla fiesta chicken, mozzarella and ranch dressing melted into a whole wheat wrap</p>	<p>Chicken Burrito fiesta chicken with black beans, rice, cheddar and lettuce, wrapped in a tortilla</p>		
<p>Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce</p>					
	<p>English Cheddar Burger grilled beef burger topped with cheddar cheese, sautéed onions, lettuce mix and tomatoes on a whole wheat roll</p>	<p>Fish Sandwich fish fillet on a whole wheat bun with lettuce and cheese</p>	<p>Buffalo Grilled Chicken Sandwich grilled chicken patty on a whole wheat club roll, topped with Louisiana hot sauce, lettuce and tomato</p>		
<p>Available Daily: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on whole wheat Roll</p>					
	<p>Turkey Garden Salad turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll</p>	<p>Cobb Salad with Dinner Roll tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and croutons</p>	<p>Garden Salad with Cheddar Cheese tomatoes, cucumbers and shredded cheddar cheese served over a bed of romaine lettuce, with two dinner rolls</p>		
<p>Available Daily: Garden Salad, Chef Salad & Chicken Salad, served with twin whole wheat dinner rolls & low fat dressing</p>					
	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple Potato Salad Deli Style Coleslaw</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple Potato Salad Deli Style Coleslaw</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple Potato Salad Deli Style Coleslaw</p>		

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