

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				Turkey Melt thinly sliced turkey breast and melted American cheese on toasty bread	Chicken Salad on Club Roll chicken salad, made with only white meat, on a whole wheat club roll 🍎
	Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles				
					Caramelized Onion & Cheese Calzone garlic toasted whole grain calzone filled with grilled onions, ricotta and melted mozzarella cheese 🍋
	Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice				
				Meatball Hero beef and chicken meatballs with tomato sauce on a whole wheat club roll Garbanzo Bean & Spinach Salad	French Toast Sticks crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup 🍋 Pork Sausage Patty Hash Browns
				Taco Tacos fiesta beef wrapped in a crispy tortilla shell with pico de gallo, cheddar cheese and lettuce	Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream
	Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce				
				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
	Available Daily: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on whole wheat Roll				
	* New Item Available Daily: Egg & American Cheese or Turkey Bacon, Egg & American Cheese on a Whole Wheat Bagel *				
				Spinach Salad with Dinner Roll with eggs, mushrooms and red onions served with a dinner roll 🍋	Greek Salad with Dinner Roll romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives
	Available Daily: Garden Salad, Chef Salad & Chicken Salad, served with twin whole wheat dinner rolls & low fat dressing				
				Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Red Grapes Pear	Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Red Delicious Apple Fresh Orange

*USDA is an equal opportunity provider, employer, and lender.

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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Fairfield High Schools From 12/5/2016 To 12/9/2016



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Classic Harvest Wrap
Boar's Head ham, mozzarella cheese, tossed greens and tomatoes wrapped in a white whole wheat wrap

Caesar Chicken Wrap
caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled with caesar dressing

Farmer's Market Wrap
carrots, cucumbers, onions, peppers, tomatoes and lettuce stuffed in a white whole wheat wrap with American and Swiss cheeses

Honey Mustard Chicken Wrap
crispy breaded chicken patty, romaine lettuce and honey mustard dressing in a whole wheat wrap

Tuna Salad in a Pita Pocket
tuna salad stuffed inside a pita

Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham, American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles



Pizza Bagel
fresh whole wheat bagel topped with marinara sauce and mozzarella cheese

Broccoli & Cheese Stromboli
garlic toasted whole grain pizza crust filled with broccoli and mozzarella

Three Cheese Calzone
whole grain calzone with mozzarella, parmesan and ricotta cheese

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

Chicken Fajita Pizza
cheesy pizza slice topped with fajita chicken, onions and peppers

Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice



Cordon Bleu Griller
with whole wheat French bread, breaded chicken, swiss cheese, mustard and ham
Oven Baked Fries

Philly Cheese Steak Sandwich
thinly sliced steak with sauteed peppers and onions and melted mozzarella on a whole wheat kaiser roll
Baked Sweet Potato Fries

Asian Rice Bowl with Chicken and Veggies
chicken & vegetable stir fry, served with brown rice

Jamaican Beef Patty
golden flaky pastry dough stuffed with beef simmered in a delicious spicy sauce
Black Bean Salad

Spicy Popcorn Chicken
Sauteed Kale



Beef Burrito Bowl
brown rice, topped with fiesta style beef, black beans, lettuce, sautéed onions and peppers, pico de gallo and baked tortilla strips

Cheddar Quesadilla
melted cheddar cheese inside a grilled folded tortilla with pico de gallo

Chicken Burrito
fiesta chicken with black beans, rice, cheddar and lettuce, wrapped in a tortilla

Pico & Cheese Nachos
crispy tortilla chips served with cheese sauce and fresh pico de gallo

Fiesta Taco Salad
fiesta style beef, lettuce and tomatoes served on a whole wheat tortilla bowl

Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce



Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce

Spicy Chicken Sandwich
a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun

Texas Rib Sandwich
boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun

Chicken Parm Sandwich
lightly breaded chicken breast patty topped with melted mozzarella and tomato sauce on a toasted whole grain

Grilled Cheese Sandwich
grilled American cheese on whole wheat

Available Daily: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on whole wheat Roll

* New Item Available Daily: Egg & American Cheese or Turkey Bacon, Egg & American Cheese on a Whole Wheat Bagel *



Turkey Garden Salad
turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll

Cobb Salad with Dinner Roll
tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and dressing

Tossed Salad with Shredded Cheese & 2 Dinner Roll
mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dressing

Spinach Salad with Dinner Roll
with eggs, mushrooms and red onions served with a dinner roll

Greek Salad with Dinner Roll
romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives

Available Daily: Garden Salad, Chef Salad & Chicken Salad, served with twin whole wheat dinner rolls & low fat dressing



Romaine Salad w/ Tomato
Baby Carrots
Celery Sticks
Garbanzo Beans
Potato Salad
Deli Style Coleslaw
Fresh Orange
Red Delicious Apple

Romaine Salad w/ Tomato
Baby Carrots
Celery Sticks
Garbanzo Beans
Fresh Orange
Red Delicious Apple

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Baby Carrots
Celery Sticks
Garbanzo Beans
Deli Style Coleslaw
Potato Salad
Fresh Orange
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Baby Carrots
Celery Sticks
Garbanzo Beans
Deli Style Coleslaw
Potato Salad
Fresh Orange
Red Delicious Apple

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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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Fairfield High Schools From 12/12/2016 To 12/16/2016



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Egg Salad in a Pita*
✓

BBQ Chicken Wrap
diced barbecue chicken with lettuce and tomatoes, wrapped in a whole wheat tortilla

The Red Square Wrap
Boar's Head turkey and Swiss cheese in a whole wheat wrap, smothered in thousand island dressing, with

Boars Head Turkey BLT Sandwich
turkey with lettuce, tomato and bacon on bread

Vegetarian Wrap
mozzarella cheese, cucumbers, tomatoes, olives, red onions on a tortilla wrap spread with hummus ✓

Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles



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

Beef & Cheese Stromboli
garlic toasted whole grain pizza crust filled with beef, mozzarella and marinara sauce

Meatball Calzone
garlic toasted whole grain calzone filled with meatballs, ricotta and melted cheeses

Margherita Pizza
whole wheat pizza dough topped with tomato sauce, mozzarella, fresh tomatoes and basil ✓

Chicken Parmesan Calzone
garlic toasted pizza crust, stuffed with ricotta cheese, melted mozzarella and diced chicken cutlet

Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice



Mac & Cheese
whole grain elbow pasta in a creamy cheese sauce ✓
Peas

Burger Bar
all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun
Baked Sweet Potato Fries

Chicken & Vegetable Dumplings
a flavorful combination of chicken and veggies tucked into a soft dumpling shell
Japanese Vegetable Stir Fry

Mini Cheese Ravioli
mini cheesy ravioli topped with tomato sauce ✓
Garlic Bread
Broccoli & Garbanzo Bean Salad

Chicken Teriyaki over Brown Rice
tender Teriyaki chicken served over steamed brown rice
Steamed Broccoli



Chicken Burrito Bowl
brown rice topped with fajita style chicken, black beans, lettuce, sautéed onions and peppers, pico de gallo and tortilla strips

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

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

Chicken Enchilada
crispy chicken tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream

Fiesta Taco Salad
fiesta style beef, lettuce and tomatoes served on a whole wheat tortilla bowl

Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce



Buffalo Chicken Sandwich
spicy chicken patty with lettuce and tomatoes on a club roll

Fish Sandwich
fish fillet on a whole wheat bun with lettuce and cheese

Turkey Bacon Cheeseburger
beef cheeseburger topped with turkey bacon, lettuce and tomato, on a whole wheat bun

Beef Sliders
mini beef patties on mini hamburger buns

Hot Dog on a Bun
beef hot dog nestled on a soft bun and topped with your choice of condiments

Available Daily: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on whole wheat Roll

* New Item Available Daily: Egg & American Cheese or Turkey Bacon, Egg & American Cheese on a Whole Wheat Bagel *



Turkey Garden Salad
turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll

Cobb Salad with Dinner Roll
tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and croutons

Tossed Salad with Shredded Cheese & 2 Dinner Roll
mixed greens with tomatoes, cucumbers, carrot sticks, radishes, shredded cheddar and a dinner roll ✓

Spinach Salad with Dinner Roll
with eggs, mushrooms and red onions served with a dinner roll ✓

Greek Salad with Dinner Roll
romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives

Available Daily: Garden Salad, Chef Salad & Chicken Salad, served with twin whole wheat dinner rolls & low fat dressing



Romaine Salad w/ Tomato
Baby Carrots
Celery Sticks
Garbanzo Beans
Potato Salad
Deli Style Coleslaw
Fresh Orange
Red Delicious Apple

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Baby Carrots
Celery Sticks
Garbanzo Beans
Potato Salad
Deli Style Coleslaw
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Deli Style Coleslaw

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Baby Carrots
Celery Sticks
Garbanzo Beans
Potato Salad
Deli Style Coleslaw
Fresh Orange
Red Delicious Apple

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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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Fairfield High Schools From 12/19/2016 To 12/23/2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Athenian Wrap
lettuce, tomato, red onion, green peppers, cucumbers and feta wrapped in a tortilla ✓

Love at First Bite Sandwich
Boar's Head turkey breast and American cheese with lettuce and tomato on a club roll spread with Thous. Isl.

Honey Mustard Chicken Wrap
crispy breaded chicken patty, romaine lettuce and honey mustard dressing in a whole wheat wrap

BBQ Turkey Wrap
Boar's Head turkey breast, bbq sauce, lettuce and tomato on a whole wheat Wrap

Early Dismissal

Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles



Buffalo Chicken Pizza
buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough

Pepperoni & Cheese Stromboli
garlic toasted whole grain pizza crust filled with pepperoni, melted mozzarella cheese and marinara sauce ✓

Fresh Basil & Red Pepper Pizza Slice
whole wheat pizza topped with roasted red peppers and fresh basil ✓

Meatball Pizza Slice
chicken and beef meatballs over a cheesy slice of pizza

Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice



Waffles
light and crisp whole grain waffles ✓
Pork Sausage Patty Hash Browns

BBQ Chicken
tender chicken marinated in bbq sauce
Brown Rice
Spicy Honey Carrots

The Works Hot Dog
hot dog on a whole wheat bun with mustard, sauerkraut, jalapenos, onions and relish
Baked Sweet Potato Fries

Chicken Tenders
Sriracha Garbanzo Beans



Chicken Burrito Bowl
brown rice topped with fajita style chicken, black beans, lettuce, sautéed onions and peppers, pico de gallo and tortilla strips

Beef & Cheddar Quesadilla
fiesta style beef folded inside a grilled tortilla with cheddar and pico de gallo

Chicken Burrito
fiesta chicken with black beans, rice, cheddar and lettuce, wrapped in a tortilla

Fiesta Taco Salad
fiesta style beef, lettuce and tomatoes served on a whole wheat tortilla bowl

Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce



Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce ✓

Cactus Jack Wrap
grilled chicken breast drizzled with hot sauce, with lettuce and tomato on a whole wheat wrap

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

Spicy Chicken Sandwich
a boldly spiced crispy chicken breast filet with leaf lettuce and ripe tomato on a soft bun

Available Daily: Hamburger, Cheeseburgers, Turkey Burgers & Veggie Burgers served on whole

* New Item Available Daily: Egg & American Cheese or Turkey Bacon, Egg & American Cheese on a Whole Wheat Bagel *



Turkey Garden Salad
turkey breast over mixed greens with lettuce, tomatoes, cucumbers, carrots and radishes with a whole wheat roll

Cobb Salad with Dinner Roll
tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and avocados

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 ✓

Available Daily: Garden Salad, Chef Salad & Chicken Salad, served with twin whole wheat dinner rolls & low fat dressing



Romaine Salad w/ Tomato
Baby Carrots
Celery Sticks
Garbanzo Beans
Deli Style Coleslaw
Potato Salad
Fresh Orange
Red Delicious Apple

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Potato Salad
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Deli Style Coleslaw
Potato Salad
Fresh Orange
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AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

❄️ Holiday Recess ❄️

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

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