

Fairfield Roger Ludlowe MS

Welcome to our
Lunch Cafe

9/1/2017 - 9/1/2017

Monday

Tuesday

Wednesday

Thursday

Friday



Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Lettuce & Tomato on a Whole Wheat Wrap

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



Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough

Calzone 3 Cheese
calzone stuffed with three delicious
melted cheeses



Available Daily: Mozzarella Sticks, Garlic Bread

Mozzarella Sticks
crispy mozzarella sticks filled with
gooey cheese, perfect for dipping
into your favorite sauce
Garlic Bread
toasty bread topped with garlic and
oil



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

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



Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait

Mexican Salad
Salad with beans, corn, sour cream
and salsa



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

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



Fresh Fruits and Vegetables and Choice of Milk

Spinach Salad
Grape Tomatoes
Carrots
Garbanzo Beans
Cucumber
Fresh Apple



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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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Welcome to our
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9/4/2017 - 9/8/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Labor Day No School	South of the Border Wrap <i>warm chicken, seasoned rice, and cheddar cheese wrapped in a tortilla</i>	Chicken Caesar Wrap <i>Caesar salad with crispy chicken in a wrap</i>	Egg Salad Wrap <i>freshly made egg salad with lettuce and tomato in a wrap</i>	Turkey BLT Wrap <i>sliced turkey, bacon, lettuce, and tomato on a wrap</i>
Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Lettuce & Tomato on a Whole Wheat Wrap					
		Buffalo Chicken Stromboli <i>zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough</i>	Cheese Pizza Pops <i>garlic pizza dough stuffed with mozzarella cheese, tomato sauce and crushed red pepper</i>	Grilled Vegetable Pizza <i>grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella</i>	Pizza Calzone <i>folded whole grain pizza dough filled with ricotta cheese and caramelized onions</i>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
		Philly Cheese Sandwich <i>beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun</i> Golden Baked Potato Wedges	Chicken Parmesan Over Pasta <i>oven baked chicken topped with sauce and melted cheese, all over pasta</i> Squash Medley	Dumplings <i>stuffed dumplings perfect for dipping in your favorite Asian sauce</i> Roasted Vegetables	Chicago Style Hot Dog <i>skinless hot dog on a bun, topped with mustard, pickle chips, onions, tomatoes, tomatoes and jalapeño peppers</i> Baked Beans
		English Cheddar Burger <i>grilled burger topped with cheddar cheese, sautéed onions, lettuce and tomatoes on a bun</i>	Beef Hot Dog on Bun <i>juicy beef hot dog on a soft bun</i>	BBQ Rib Sandwich <i>BBQ rib patty on a bun</i>	Buffalo Grilled Chicken Sandwich <i>grilled chicken marinated in hot sauce on a roll, topped with lettuce and tomato</i>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
		Cobb Salad <i>fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg</i>	Tuna Salad Plate <i>garden salad topped with freshly made tuna salad</i>	Garden Salad with Hard Boiled Eggs & Dinner Rolls <i>garden salad with tomato, cucumber, carrot, and hard boiled eggs</i>	Grilled Chicken Salad with Dinner Rolls <i>grilled chicken breast, lettuce, julienned carrots, sliced tomatoes and cucumbers</i>
Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait					
		Cheese Quesadilla <i>freshly grilled flour tortilla with melted cheese</i>	Burrito <i>fiesta style meat with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</i>	Nachos with Cheese <i>creamy cheese layered over a bed of nachos</i>	Crispy Tacos <i>crispy taco shells filled with taco meat and cheddar cheese</i>
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 Romaine Lettuce Red Pepper Strips Cucumber Fresh Apple Melon Cup	Carrots Green Pepper Slices Garbanzo Beans Mesclun Spring Mix Strawberries Fresh Orange	Bean and Vegetable Salad Mesclun Spring Mix Grape Tomatoes Cucumber Fresh Apple Melon Cup	Garden Salad Garbanzo Beans Cucumber Red Pepper Strips Fresh Orange Melon Cup
Fresh Fruits and Vegetables and Choice of Milk					

 **SIMPLY ROOTED**
in food & family

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9/11/2017 - 9/15/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Tuna Salad Wrap* <i>fresh chunky tuna salad with field greens and tomatoes served in a wrap</i>	Turkey Club Wrap <i>turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla</i>	Vegetarian Wrap <i>cheese, cucumbers, tomatoes, and red onions on a tortilla wrap spread with hummus</i>	BBQ Chicken Wrap <i>chicken breast with BBQ sauce, lettuce and tomato in a wrap</i>	Honey Mustard Chicken Wrap <i>crispy breaded chicken strips, lettuce, tomato and honey mustard dressing in a wrap</i>
Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Lettuce & Tomato on a Whole Wheat Wrap					
	Vegetable & Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with fresh vegetables and mozzarella</i>	French Bread Pizza <i>toasted French bread topped with pizza sauce and melted cheese</i>	Meatball Pizza <i>cheese pizza topped with sliced meatball</i>	Broccoli Calzone <i>calzone stuffed with melted cheese and sauteed broccoli</i>	Buffalo Chicken Pizza <i>cheese pizza topped with Buffalo chicken pieces</i>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	Meatball Parnesan Sandwich <i>warm meatballs on a roll, topped with tomato sauce and melted mozzarella cheese</i> Roasted Lemon Parnesan Broccoli	French Toast <i>French toast baked to perfection</i> Sausage Patty Syrup Tator Tots	Ruby's Chicken Cordon Bleu Sandwich <i>chicken, ham and cheese with lettuce and pickle chips on a bun</i> Sauteed Vegetable Medley Side of sauteed mixed vegetables with broccoli, zucchini, tomatoes,	Buffalo Chicken and Cheese Quesadilla <i>fiesta style chicken and cheddar cheese inside a grilled folded tortilla</i> Spinach Salad	Cheese Ravioli with Meat Sauce <i>cheesy ravioli topped with meat sauce and served with a roll</i> Garlic Bread Lemon Marinated Carrots
Available Daily: Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	Egg and Cheese Sandwich <i>breakfast sandwich topped with egg and cheese</i>	Fish Sandwich <i>fish fillet on a bun with cheese</i>	Pizza Burger <i>burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a bun</i>	Boneless Chicken Wings <i>breaded chicken wings baked to perfection</i>	French Patty Melt <i>grilled burger topped with onions with lettuce and tomatoes</i>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	House Chop Salad with Ham & Dinner Rolls <i>ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing</i>	Spinach Mandarin Salad with Dinner Rolls <i>tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella</i>	Crudite & Cheese Platter <i>cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese</i>	Buffalo Chicken Salad with Dinner Rolls <i>spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes</i>	Mexican Salad <i>Salad with beans, corn, sour cream and salsa</i>
Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait					
	Fiesta Taco Salad <i>a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar</i>	Beef and Cheese Quesadilla <i>melted chesse and fiesta beef folded inside a grilled tortilla</i>	Bean & Veggie Burrito <i>a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream</i>	Nachos Grande <i>tortilla chips topped with mexi style meat and cheese sauce</i>	Soft Taco <i>fiesta-style meat with melted cheese arranged in a soft taco shell</i>
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 Romaine Lettuce Carrots Cucumber Fresh Apple Strawberries	Grape Tomatoes Fresh Cucumber Salad Garbanzo Beans Green Pepper Slices Fresh Orange Melon Cup	Red Pepper Strips Mesclun Spring Mix Carrots Cucumber Fresh Apple Mediterranean Watermelon	Bean Salad Romaine Lettuce Grape Tomatoes Green Pepper Slices Fresh Orange Melon Cup	Caesar Salad Carrots Garbanzo Beans Cucumber Fresh Apple Banana
Fresh Fruits and Vegetables and Choice of Milk					

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Welcome to our
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9/18/2017 - 9/22/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Buffalo Chicken Wrap <i>warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato</i>	Egg Salad Wrap <i>freshly made egg salad with lettuce and tomato in a wrap</i>	Chicken Delight Wrap <i>chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla</i>	Rosh Hashanah No School	Turkey Ranch Wrap <i>turkey breast with lettuce, tomato and ranch on a wrap</i>
Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Lettuce & Tomato on a Whole Wheat Wrap					
	Pepper & Onion Pizza <i>fresh pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions</i>	Buffalo Chicken Stromboli <i>zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough</i>	Pepperoni Pizza Pops <i>garlic pizza dough stuffed with mozzarella cheese, tomato sauce, pepperoni and spices</i>		Sausage & Mushroom Calzone <i>sweet Italian sausage, mushrooms and mozzarella stuffed in folded pizza dough and baked</i>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	Mac & Cheese <i>pasta in cheese sauce, garnished with parsley</i> Steamed Broccoli	Turkey Reuben Sandwich <i>meat and Swiss cheese with sauerkraut and dressing, pressed between two slices of bread</i> Roasted Potatoes	Fiesta Chicken Rice Bowl <i>rice topped with beans, chicken, corn and cheese</i> Pico De Gallo		Spicy Popcorn Chicken <i>Spicy Popcorn Chicken</i> Fresh Cucumber Salad
Available Daily: Mac & Cheese, Turkey Reuben Sandwich, Fiesta Chicken Rice Bowl, Pico De Gallo, Spicy Popcorn Chicken, Fresh Cucumber Salad					
	Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i>	Toasty Garlic Mozzarella Sandwich with Tomato <i>toasted garlic bread sandwich stuffed with mozzarella and tomato</i>	Buffalo Burger <i>grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun</i>		Chicken Club Sandwich <i>sandwich with grilled chicken, crispy bacon strips, lettuce and tomato</i>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	Garden Salad Entree <i>fresh garden salad topped with meat</i>	Cobb Salad <i>fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg</i>	Tuna Salad Plate <i>garden salad topped with freshly made tuna salad</i>		Grilled Chicken Salad with Dinner Rolls <i>grilled chicken breast, lettuce, julienned carrots, sliced tomatoes and cucumbers</i>
Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait					
	Fiesta Taco Salad <i>a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar</i>	Ranch & Chicken Quesadilla <i>fiesta chicken, mozzarella and ranch dressing melted into a tortilla</i>	Burrito <i>fiesta style meat with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</i>		Crispy Tacos <i>crispy taco shells filled with taco meat and cheddar cheese</i>
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					
	Com & Vegetable Salad Green Pepper Slices Carrots Fresh Broccoli Fresh Orange Melon Cup	Tomato Salad Romaine Lettuce Garbanzo Beans Cucumber Fresh Apple Strawberries	Roasted Butternut Squash Mesclun Spring Mix Grape Tomatoes Fresh Broccoli Fresh Orange Melon Cup		Romaine Lettuce Grape Tomatoes Carrots Cucumber Fresh Apple Strawberries
Fresh Fruits and Vegetables and Choice of Milk					

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Welcome to our
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9/25/2017 - 9/29/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Caesar Wrap <i>Caesar salad with crispy chicken in a wrap</i>	Tuna Salad Wrap* <i>fresh chunky tuna salad with field greens and tomatoes served in a wrap</i>	Vegetarian Wrap <i>cheese, cucumbers, tomatoes, and red onions on a tortilla wrap spread with hummus</i>	Turkey Club Wrap <i>turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla</i>	BBQ Chicken Wrap <i>chicken breast with BBQ sauce, lettuce and tomato in a wrap</i>
Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Lettuce & Tomato on a Whole Wheat Wrap					
	Santa Margarita Pizza <i>whole wheat pizza crust topped with shredded mozzarella, plum tomatoes and tomato sauce</i>	Meatball and Cheese Stromboli <i>Meatballs and melted cheese wrapped in pizza dough</i>	Buffalo Chicken Pizza Pops <i>crispy pizza dough stuffed with cheddar cheese, buffalo chicken and ranch dressing</i>	Hawaiian Pizza <i>ham and pineapple chunks over a cheese pizza slice</i>	Chicken & Spinach Calzone <i>garlic toasted pizza crust filled with chicken, spinach, ricotta and melted cheeses</i>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	Chicken & Broccoli Stir Fry <i>tender chicken strips sauteed with broccoli in a stir fry sauce</i> Vegetable Fried Rice	Boston's Favorite Panini <i>turkey breast, ham and Swiss with lettuce and tomato grilled to perfection</i> Baked Potato Wedges	BBQ Chicken <i>chicken coated in BBQ sauce</i> Lite Veggie Pasta Salad Baked Beans	Waffles <i>whole grain waffles</i> Syrup scrambled eggs Tator Tots	Sausage & Peppers <i>sweet Italian sausage with sauteed red & green peppers and onions in our homemade tomato sauce</i> Pasta Roasted Parmesan Butternut
Available Daily: Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	Beef Hot Dog on Bun <i>juicy beef hot dog on a soft bun</i>	Balsamic Glazed Vegetable Sandwich <i>grilled eggplant, zucchini, squash and peppers marinated in balsamic glaze on a roll</i>	Cordon Bleu Griller <i>chicken tender sandwich topped with ham Swiss cheese, and mustard, grilled to perfection</i>	Smokehouse Burger <i>burger on a freshly toasted bun with BBQ sauce</i>	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>
Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait					
	House Chop Salad with Ham & Dinner Rolls <i>ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing</i>	Spinach Mandarin Salad with Dinner Rolls <i>tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella</i>	Crudite & Cheese Platter <i>cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese</i>	Buffalo Chicken Salad with Dinner Rolls <i>spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes</i>	Mexican Salad <i>Salad with beans, corn, sour cream and salsa</i>
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					
	Fiesta Taco Salad <i>a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar</i>	Quesadilla Santa Fe <i>chicken, cheddar, roasted peppers and corn over tortilla wrap spread with salsa, folded and grilled</i>	Bean & Veggie Burrito <i>a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream</i>	Nachos with Cheese <i>creamy cheese layered over a bed of nachos</i>	Soft Taco <i>fiesta-style meat with melted cheese arranged in a soft taco shell</i>
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	Carrots Fresh Cucumber Salad Red Pepper Strips Mesclun Spring Mix Fresh Orange Watermelon	Tomato Salad Romaine Lettuce Green Pepper Slices Garbanzo Beans Fresh Apple Strawberries	Sriracha Garbanzo Beans Squash Medley Grape Tomatoes Fresh Broccoli Fresh Orange Mediterranean Watermelon	Caesar Salad Red Pepper Strips Garbanzo Beans Cucumber Fresh Apple Strawberries
Fresh Fruits and Vegetables and Choice of Milk					

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