

# Fairfield Middle Schools

10/2/2017 - 10/6/2017

Welcome to our  
Lunch Cafe

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



Red Square Wrap  
oven roasted turkey, Swiss  
cheese, lettuce and  
tomatoes on a wrap

Classic Harvest Wrap  
ham, mozzarella cheese,  
tossed greens and  
tomatoes wrapped in a  
wrap

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



French Bread Pizza  
toasted French bread  
topped with pizza sauce  
and melted cheese

Chicken & Tomato  
Calzone  
garlic toasted calzone filled  
with chicken, tomato,  
ricotta and melted cheeses

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



Ham & Cheese Bagel  
Melt  
ham and melted cheese  
on a bagel  
Baked Potato Wedges

Pasta Alfredo with  
Chicken & Broccoli  
pasta with alfredo sauce,  
grilled chicken strips and  
broccoli florets  
Caesar Salad

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

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



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

Fish Sandwich  
fish fillet on a bun with  
cheese

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



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 Platter  
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

Beef and Cheese  
Quesadilla  
melted chesse and fiesta  
beef folded inside a grilled  
tortilla

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, Cripsy and Soft Tacos, Rice with your choice of Beef, Chicken, Vegetables, Refried Beans, Cheese Sauce, Shredded Cheddar and Fresh Vegetable Toppings



Fiesta Corn  
Side Salad  
Green Pepper Slices  
Fresh Baby Carrots  
Melon Cup  
Fresh Banana  
Strawberries  
Fresh Red Grapes

Fresh Baby Carrots  
Fresh Broccoli  
Mesclun Spring Mix  
Garbanzo Beans  
Fresh Apple  
Melon Cup  
Pineapple  
Fresh Banana

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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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

10/9/2017 - 10/13/2017

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



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

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

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

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



Meat and Cheese  
Calzone  
calzone stuffed with  
delicious italian meats and  
melted cheeses

Buffalo Chicken Stromboli  
zesty buffalo chicken with  
mozzarella cheese and  
pizza sauce wrapped in  
garlic pizza dough

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

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

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

Philly Cheese Sandwich  
beef topped with sauteed  
peppers, onions and  
melted cheese on a lightly  
toasted bun  
And Golden Baked  
Potato Wedges

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

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



Boneless Chicken Wings  
breaded chicken wings  
baked to perfection

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

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

BBQ Rib Sandwich  
BBQ rib patty on a bun

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



Garden Salad Entree  
fresh garden salad topped  
with meat

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg

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

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



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

Cheese Quesadilla  
freshly grilled flour tortilla  
with melty cheese

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

Crispy Tacos  
crispy taco shells filled with  
taco meat and cheddar  
cheese

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

Tomato Salad  
Side Salad  
Red Pepper Strips  
Fresh Apple  
Melon Cup  
Pineapple  
Fresh Red Grapes

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

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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# Fairfield Middle Schools

Welcome to our  
Lunch Cafe

10/16/2017 - 10/20/2017

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



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

**Professional  
Development  
Early Dismissal**

Vegetarian Wrap  
*cheese, cucumbers,  
tomatoes, and red onions  
on a tortilla wrap spread  
with hummus*

**Conferences  
Early Dismissal**

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*

Meatball Pizza  
*cheese pizza topped with  
sliced meatball*

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*

Ruby's Chicken Cordon  
Bleu Sandwich  
*chicken, ham and cheese  
with lettuce and pickle  
chips on a bun  
Sauteed Vegetable  
Medley*

Cheese Ravioli with  
Meat Sauce  
*cheesy ravioli topped with  
meat sauce and served  
with a roll  
Garlic Bread  
Lemon Marinated Carrots*



Egg and Cheese  
Sandwich  
*breakfast sandwich topped  
with egg and cheese*

Pizza Burger  
*burger topped with pizza  
sauce, mozzarella cheese  
and romaine lettuce 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*

Crudite & Cheese Plattter  
*cucumber, carrots, pepper  
slices and tomatoes,  
served with a buttermilk  
ranch dressing for dipping,  
and mozzarella cheese*

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*

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

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

Available Daily: Nacho Chips, Cripsy 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 Baby Carrots  
Fresh Apple  
Strawberries  
Fresh Red Grapes

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

Caesar Salad  
Fresh Baby Carrots  
Garbanzo Beans  
Fresh Apple  
Fresh Banana  
Strawberries

Fresh Fruits and Vegetables and Choice of Milk



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# Fairfield Middle Schools

10/23/2017 - 10/27/2017

Welcome to our  
Lunch Cafe

## 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*

Conferences  
Early Dismissal

Conferences  
Early Dismissal

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



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*

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



Mac & Cheese  
*pasta in cheese sauce, garnished with parsley*  
Steamed Broccoli

Reuben Sandwich  
*meat and Swiss cheese with sauerkraut and dressing, pressed between two slices of bread*  
Roasted Potatoes

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



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*

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



Garden Salad Entree  
*fresh garden salad topped with meat*

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*

Ranch & Chicken Quesadilla  
*fiesta chicken, mozzarella and ranch dressing melted into a tortilla*

Crispy Tacos  
*crispy taco shells filled with taco meat and cheddar cheese*

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  
Garbanzo Beans  
Fresh Apple  
Strawberries  
Fresh Banana

Side Salad  
Grape Tomatoes  
Fresh Baby Carrots  
Fresh Apple  
Strawberries  
Fresh Banana

Fresh Fruits and Vegetables and Choice of Milk



## SIMPLY ROOTED

*in food & family*

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# Fairfield Middle Schools

Welcome to our  
Lunch Cafe

10/30/2017 - 10/31/2017

## 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

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



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

Meatball and Cheese  
Stromboli  
Meatballs and melted  
cheese wrapped in pizza  
dough

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



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

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

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

Available Daily: Nacho Chips, Cripsy 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

Fresh Fruits and Vegetables and Choice of Milk



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