

# Fairfield High Schools

Welcome to our  
Lunch Cafe

11/1/2017 - 11/3/2017

Monday

Tuesday

Wednesday

Thursday

Friday



Grilled Veggie Wrap  
*grilled vegetables and  
cheese served on a wrap*

Chicken Salad Wrap  
*chicken salad in a wrap*

American Beauty  
Sandwich  
*thinly sliced turkey and  
cheese, lettuce and tomato  
on a roll*

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



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

Tossed Salad Pizza  
*pizza dough topped with  
tossed greens, tomatoes  
and balsamic vinaigrette*

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



Sausage, Egg & Cheese  
Burrito\*  
*sausage, egg, cheese and  
peppers wrapped inside a  
flour tortilla*  
Tator Tots

Buffalo Chicken Tenders  
*Buffalo chicken tenders  
with carrot and celery sticks*  
Fresh Cucumber Salad

Philly Cheese Sandwich  
*beef topped with sauteed  
peppers, onions and  
melted cheese on a lightly  
toasted bun*  
Garden Salad



Fiesta Taco Salad  
*a crunchy tortilla bowl filled  
with fiesta style beef,  
cucumber, tomato, lettuce,  
and cheddar*

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: Nachos, Cripsy and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



Fish Sandwich  
*fish fillet on a bun with  
cheese*

Boneless Chicken Wings  
*breaded chicken wings  
baked to perfection*

Chicken Bacon Sandwich  
*tender, crispy chicken patty  
topped with crispy bacon  
and leaf lettuce*

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



Crudite & Cheese Plattter  
*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, com,  
sour cream, and salsa*

Available Daily: Garden Salad w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Grape Tomatoes  
Cucumber Coins  
Celery  
Fresh Baby Carrots  
Fresh Apple  
Pineapple  
Fresh Banana  
Fresh Red Grapes

Garbanzo Beans  
Romaine Lettuce  
Green Pepper Slices  
Fresh Baby Carrots  
Fresh Orange  
Pineapple  
Fresh Strawberries  
Fresh Red Grapes

Fresh Broccoli  
Mesclun Spring Mix  
Grape Tomatoes  
Cucumber Coins  
Fresh Apple  
Fresh Orange  
Melon Cup  
Fresh Banana

Fresh Fruits and Vegetables and Choice of Milk



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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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# Fairfield High Schools

Welcome to our  
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11/6/2017 - 11/10/2017

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Honey Mustard Chicken Wrap  
*crispy breaded chicken strips, lettuce, tomato and honey mustard dressing in a wrap*

**Election Day  
No School**

Turkey BLT Wrap  
*sliced turkey, bacon, lettuce, and tomato on a wrap*

Egg Salad Sandwich  
*fresh mixed egg salad on assorted bread options*

**Veterans' Day  
No School**

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



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

Pepper & Onion Pizza  
*fresh pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions*

BBQ Chicken Pizza  
*fresh pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro*

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring Whole Grain Rich Pizza Dough



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

Buffalo Chicken Sauce & Toss  
*popcorn chicken glazed with Buffalo sauce*  
Brown Rice  
Veggie Dippers

Sausage Onions & Peppers Sandwich  
*Italian sausage sandwich topped with sauteed onions and peppers*  
Tomato Salad



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

Fiesta Taco Salad  
*a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar*

Nachos with Cheese  
*creamy cheese layered over a bed of nachos*

Available Daily: Nachos, Crips and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



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

BBQ Rib Sandwich  
*BBQ rib patty on a bun*

Boneless Chicken Wings  
*breaded chicken wings baked to perfection*

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



Garden Salad Entree  
*fresh garden salad topped with meat*

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*

Available Daily: Garden Salad w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Com & Vegetable Salad  
Fresh Broccoli  
Mesclun Spring Mix  
Green Pepper Slices  
Fresh Apple  
Melon Cup  
Pineapple  
Fresh Red Grapes

Tomato Salad  
Cucumber Coins  
Garbanzo Beans  
Celery  
Fresh Orange  
Melon Cup  
Fresh Banana  
Fresh Strawberries

Bean Salad  
Fresh Broccoli  
Grape Tomatoes  
Cucumber Coins  
Red Pepper Strips  
Pineapple  
Fresh Banana  
Celery  
Fresh Red Grapes



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# Fairfield High Schools

11/13/2017 - 11/17/2017

Welcome to our  
Lunch Cafe

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



BBQ Chicken Wrap  
*chicken breast with BBQ sauce, lettuce and tomato in a wrap*

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

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

Roma Pepperoni Griller  
*grilled cheese with mozzarella, pepperoni, pizza sauce, and provolone*

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

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



Buffalo Chicken Pizza  
*cheese pizza topped with Buffalo chicken pieces*

Meatball and Cheese Stromboli  
*Meatballs and melted cheese wrapped in 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*

Chicken & Spinach Calzone  
*garlic toasted pizza crust filled with chicken, spinach, ricotta and melted cheeses*

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring Whole Grain Rich Pizza Dough



Baked Pasta with Cheese  
*pasta topped with melted cheese, baked to perfection*  
Roasted Lemon Parmesan Broccoli

French Toast  
*French toast baked to perfection*  
Scrambled Eggs  
Turkey Bacon  
Strawberry Cup

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

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

Greek Chicken Flatbread  
*grilled flatbread with greek style chicken, topped with feta and mozzarella cheeses, roasted red peppers and spinach*  
Tomato Salad



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

Cheese Quesadilla  
*freshly grilled flour tortilla with melty cheese*

Fiesta Taco Salad  
*a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar*

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: Nachos, Crips and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



Toasty Garlic Mozzarella Sandwich with Tomato  
*toasted garlic bread sandwich stuffed with mozzarella and tomato*

Boneless Chicken Wings  
*breaded chicken wings baked to perfection*

Bacon Cheeseburger  
*burger topped with cheese and bacon on a freshly toasted bun*

French Patty Melt  
*grilled burger topped with onions with lettuce and tomatoes*

Buffalo Chicken Sandwich  
*chicken marinated in hot sauce on a roll, topped with lettuce and tomato*

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



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 Plattter  
*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 w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Potato Salad  
Fresh Broccoli  
Mesclun Spring Mix  
Red Pepper Strips  
Fresh Apple  
Fresh Orange  
Pineapple  
Fresh Red Grapes

Grape Tomatoes  
Green Bean Salad  
Mesclun Spring Mix  
Red Pepper Strips  
Fresh Orange  
Melon Cup  
Fresh Strawberries  
Fresh Red Grapes

Fresh Baby Carrots  
Fresh Cucumber Salad  
Red Pepper Strips  
Lite Veggie Pasta Salad  
Fresh Apple  
Pineapple  
Fresh Banana  
Fresh Red Grapes

Bean and Vegetable Salad  
Fresh Broccoli  
Grape Tomatoes  
Cucumber Coins  
Fresh Orange  
Melon Cup  
Fresh Banana  
Fresh Strawberries

Side Salad  
Celery  
Red Pepper Strips  
Fresh Baby Carrots  
Mediterranean  
Watermelon Side Salad  
Fresh Apple  
Pineapple  
Fresh Strawberries



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# Fairfield High Schools

Welcome to our  
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11/20/2017 - 11/24/2017

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Balsamic Glazed Vegetable Sandwich  
grilled eggplant, zucchini, squash and peppers marinated in balsamic glaze on a roll

Chicken Delight Wrap  
chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla

Early Dismissal

Happy Thanksgiving!

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



Hawaiian Pizza  
ham and pineapple chunks over a cheese pizza slice

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

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring Whole Grain Rich Pizza Dough



Steamed Dumplings  
stuffed dumplings perfect for dipping in your favorite Asian sauce  
Vegetable Fried Rice

Chicken Nugget & Mozzarella Stick Combo  
everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce  
Garlic Bread  
Caesar Salad



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

Quesadilla Santa Fe  
chicken, cheddar, roasted peppers and corn over tortilla wrap spread with salsa, folded and grilled

Available Daily: Nachos, Crips and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



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

Buffalo Burger  
grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



Garden Salad Entree  
fresh garden salad topped with meat

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

Available Daily: Garden Salad w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Corn & Vegetable Salad  
Fresh Broccoli  
Garbanzo Beans  
Cucumber Coins  
Fresh Apple  
Fresh Orange  
Melon Cup  
Fresh Red Grapes

Red Pepper Strips  
Squash Medley  
Mesclun Spring Mix  
Fresh Baby Carrots  
Fresh Orange  
Melon Cup  
Pineapple  
Fresh Strawberries



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# Fairfield High Schools

Welcome to our  
Lunch Cafe

11/27/2017 - 11/30/2017

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Love At First Bite Sandwich  
turkey breast and cheese with lettuce and tomato on a roll spread with thousand island dressing

Buffalo Chicken Wrap  
warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato

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

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

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



Santa Margarita Pizza  
whole wheat pizza crust topped with shredded mozzarella, plum tomatoes and tomato sauce

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

Fresh Basil & Red Pepper Pizza  
pizza topped with roasted peppers and fresh basil

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

St. Louis BBQ Rib Sandwich\*  
boneless ribs in bbq sauce with cheddar and onion rings on a bun  
Baked potato

Pasta Alfredo with Chicken & Broccoli  
pasta with alfredo sauce, grilled chicken strips and broccoli florets  
Roasted Parmesan Butternut Squash

Waffles  
whole grain waffles  
Scrambled Eggs  
Tator Tots  
Syrup



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

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

Fiesta Taco Salad  
a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar

Nachos with Cheese  
creamy cheese layered over a bed of nachos

Available Daily: Nachos, Crips and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



Chicken Bacon Sandwich  
tender, crispy chicken patty topped with crispy bacon and leaf lettuce

Balsamic Glazed Vegetable Sandwich  
grilled eggplant, zucchini, squash and peppers marinated in balsamic glaze on a roll

Chicken Parm Sandwich  
chicken patty topped with melted cheese and tomato sauce on a roll

Grilled Cheese  
melted cheese on golden toasted bread

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



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 Plattter  
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

Available Daily: Garden Salad w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Potato Salad  
Fresh Broccoli  
Garbanzo Beans  
Grape Tomatoes  
Fresh Orange  
Fresh Strawberries  
Fresh Red Grapes

Fresh Baby Carrots  
Celery  
Green Pepper Slices  
Cucumber Coins  
Fresh Apple  
Melon Cup  
Pineapple  
Fresh Red Grapes

Grape Tomatoes  
Mesclun Spring Mix  
Garbanzo Beans  
Red Pepper Strips  
Fresh Orange  
Melon Cup  
Fresh Banana  
Fresh Strawberries

Bean Salad  
Fresh Broccoli  
Cucumber Coins  
Side Garden Salad  
Fresh Apple  
Pineapple  
Fresh Strawberries  
Fresh Red Grapes



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