

Fairfield High Schools

Welcome to our
Lunch Cafe

12/1/2017 - 12/1/2017

Monday Tuesday Wednesday Thursday Friday



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

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

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

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

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

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

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



Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten and allergen free foods. Visit www.Whitsons.com to see all that we are doing at your school to keep our young customers healthy!

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

12/4/2017 - 12/8/2017

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



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

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

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

Egg Salad Sandwich
fresh mixed egg salad on assorted bread options

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

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

Pepperoni Pizza Pops
garlic pizza dough stuffed with mozzarella cheese, tomato sauce, pepperoni and spices

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

Broccoli Calzone
calzone stuffed with melted cheese and sauteed broccoli

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



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

Sweet & Sour Chicken Sauce & Toss
popcorn chicken in a sweet & sour sauce Brown Rice Steamed Broccoli

French Toast
French toast baked to perfection Turkey Sausage Patty Tator Tots

Sausage & Peppers
sweet Italian sausage with sauteed red & green peppers and onions in our homemade tomato sauce

Buffalo Chicken and Cheese Quesadilla
fiesta style chicken and cheddar cheese inside a grilled folded tortilla spread with hot sauce Veggie Dippers

Pasta with Sauce
Caesar Salad



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

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 with Cheese
creamy cheese layered over a bed of nachos

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

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

Chicken Wings
breaded chicken wings baked to perfection

Buffalo Meatball Parmesan Hero
meatballs tossed in tomato and buffalo sauces, topped with melted mozzarella cheese

Chicken Club Sandwich
sandwich with grilled chicken, crispy bacon strips, lettuce and tomato

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

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 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
Mesclun Spring Mix
Green Pepper Slices
Fresh Apple
Melon Cup
Pineapple
Fresh Red Grapes

Tomato Salad
Celery
Garbanzo Beans
Cucumber Coins
Fresh Apple
Pineapple
Fresh Banana
Fresh Strawberries

Fresh Baby Carrots
Fresh Broccoli
Mesclun Spring Mix
Garbanzo Beans
Fresh Orange
Melon Cup
Fresh Red Grapes
Applesauce

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

Spinach Salad
Tomato Salad
Cucumber Coins
Fresh Baby Carrots
Fresh Orange
Melon Cup
Fresh Strawberries
Green Pepper Slices



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Fairfield High Schools

Welcome to our
Lunch Cafe

12/11/2017 - 12/15/2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

Professional Development

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

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



Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Meatball Dunkers
Roasted Lemon Parmesan Broccoli

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

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

Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Brown Rice
Fresh Cucumber Salad



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

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

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

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

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

12/18/2017 - 12/22/2017

Welcome to our
Lunch Cafe

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

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



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

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

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

Early Dismissal

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
Sriracha Garbanzo Beans

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

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

Waffles with Sausage
light and crispy waffles served with a sausage patty
Syrup
Tator Tots



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

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

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 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

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

Grilled Turkey & Bacon Melt
gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread

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

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



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

Tomato Salad
Garbanzo Beans
Cucumber Coins
Celery
Fresh Apple
Fresh Banana
Fresh Strawberries
Fresh Red Grapes

Sriracha Garbanzo Beans
Fresh Broccoli
Grape Tomatoes
Red Pepper Strips
Fresh Apple
Melon Cup
Pineapple
Fresh Strawberries



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Fairfield High Schools

Welcome to our
Lunch Cafe

12/25/2017 - 12/29/2017

Monday

Tuesday

Wednesday

Thursday

Friday

Winter Break



Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten and allergen free foods. Visit www.Whitsons.com to see all that we are doing at your school to keep our young customers healthy!

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