

Fairfield High Schools

Welcome to our
Lunch Cafe

1/1/2018 - 1/5/2018

Monday

Tuesday

Wednesday

Thursday

Friday



Tuna Salad Melt
tuna salad with melted
American cheese on a
bun

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

Snow Days!

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



Chicken Pizza
pizza topped with
mozzarella cheese and
chicken

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

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



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

Pancakes & Sausage
light and fluffy pancakes
served with a sausage
patty
Tator Tots



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

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

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



BLT Burger
burger topped with bacon,
lettuce and tomato on a
freshly toasted bun

Fish Sandwich
fish fillet on a bun with
cheese

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



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

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



Red Pepper Strips
Fresh Broccoli
Mesclun Spring Mix
Garbanzo Beans
Fresh Grapes
Fresh Orange
Strawberry Cup
Melon Cup

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

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
***Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.

VEGETARIAN MADE WITH ALL NATURAL INGREDIENTS PORK VEGAN MADE WITH ORGANIC INGREDIENTS

Fairfield High Schools

1/8/2018 - 1/12/2018

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



Ham & Cheese Triple Decker Sandwich
triple stacked thinly sliced ham, cheese, crisp lettuce and ripe red tomato between 3 slices of soft bread

Pepperoni & Cheese Melt
pepperoni and melted mozzarella on grilled bread

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

Tuscany Griller
grilled provolone and mozzarella cheese sandwich with basil, topped with balsamic dressing

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
cheese pizza topped with pepperoni

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



Pasta & Meat Sauce
freshly cooked pasta with meat sauce
Garlic Bread

Sweet & Sour Sauce
Diced Chicken
Brown Rice
Steamed Broccoli

Cowboy Chili
chunky chili with tomatoes, spicy peppers and beans topped with cheddar cheese
Tortilla Chips
Baked potato

Sausage Onions & Peppers Sandwich
Italian sausage sandwich topped with sauteed onions and peppers
Green Beans

Buffalo Chicken and Cheese Quesadilla
fiesta style chicken and cheddar cheese inside a grilled folded tortilla spread with hot sauce
Fresh Cucumber Salad



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

Cheese Quesadilla
freshly grilled flour tortilla with melty cheese

Burrito
fiesta style meat with sour cream, beans, rice, cheese, and lettuce 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: Nachos, Crispy 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

Grilled Chicken Teriyaki Sandwich
sandwich with chicken breast marinated in teriyaki sauce, topped with lettuce and tomato

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 Grapes

Tomato Salad
Celery
Garbanzo Beans
Cucumber Coins
Melon Cup
Fresh Banana
Strawberry Cup
Blueberries

Green Pepper Slices
Spinach Salad
Cucumber Coins
Fresh Baby Carrots
Fresh Orange
Melon Cup
Fresh Grapes
Strawberry Cup

Bean Salad
Fresh Broccoli
Grape Tomatoes
Red Pepper Strips
Pineapple
Fresh Banana
Fresh Grapes
Strawberry Cup

Green Pepper Slices
Spinach Salad
Cucumber Coins
Fresh Baby Carrots
Fresh Orange
Melon Cup
Fresh Grapes
Strawberry Cup



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VEGETARIAN MADE WITH ALL NATURAL INGREDIENTS PORK VEGAN MADE WITH ORGANIC INGREDIENTS

Fairfield High Schools

Welcome to our
Lunch Cafe

1/15/2018 - 1/19/2018

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

 		Balsamic Glazed Vegetable Sandwich <i>grilled eggplant, zucchini, squash and peppers marinated in balsamic glaze on a roll</i> 🌱🌱	Chicken Caesar Sandwich <i>crispy chicken patty with fresh lettuce, tomato and Caesar dressing on a roll</i> 🌱	Southwest Turkey Griller <i>grilled cheese with turkey breast, melted mozzarella, melted provolone and fresh salsa</i> 🌱	<p style="text-align: center;">Exams No Lunch!</p>
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings					
		Meatball and Cheese Stromboli <i>Meatballs and melted cheese wrapped in pizza dough</i> 🌱	Cheese Pizza Pops <i>garlic pizza dough stuffed with mozzarella cheese, tomato sauce and crushed red pepper</i> 🌱	Fresh Basil & Red Pepper Pizza <i>pizza topped with roasted peppers and fresh basil</i> 🌱	
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring Whole Grain Rich Pizza Dough					
		French Toast <i>slices of French toast baked to perfection</i> 🌱 Turkey Bacon Blueberries	Diced Chicken Diced Chicken Tagine Sauce Brown Rice Indian Spiced Vegetables	Pasta & Meat Sauce <i>freshly cooked pasta with meat sauce</i> 🌱🌱 Caesar Salad	
		Ranch & Chicken Quesadilla <i>fiesta chicken, mozzarella and ranch dressing melted into a tortilla</i>	Burrito <i>fiesta style meat with sour cream, beans, rice, cheese, and lettuce wrapped in a tortilla</i> 🌱	Nachos Grande <i>tortilla chips topped with mexi style meat and cheese sauce</i> 🌱	
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 Wings <i>breaded chicken wings baked to perfection</i>	Bacon Cheeseburger <i>burger topped with cheese and bacon on a freshly toasted bun</i>	Buffalo Chicken Sandwich <i>chicken marinated in hot sauce on a roll, topped with lettuce and tomato</i> 🌱	
Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings					
		Spinach Mandarin Salad with Dinner Rolls <i>tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella</i> 🌱🌱	Crudite & Cheese Plattter <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> 🌱	
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 Green Bean Salad Mesclun Spring Mix Red Pepper Strips Fresh Orange Fresh Grapes Strawberry Cup Melon Cup	Fresh Baby Carrots Fresh Cucumber Salad Red Pepper Strips Lite Veggie Pasta Salad Fresh Apple Pineapple Fresh Banana Fresh Grapes	Fresh Broccoli Grape Tomatoes Cucumber Coins Bean and Vegetable Salad Fresh Orange Melon Cup Fresh Banana Blueberries	

WHITSON'S School Nutrition

SIMPLY ROOTED

in food & family

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 VEGETARIAN
  MADE WITH ALL NATURAL INGREDIENTS
  PORK
  VEGAN
  MADE WITH ORGANIC INGREDIENTS

Fairfield High Schools

Welcome to our
Lunch Cafe

1/22/2018 - 1/26/2018

Monday

Tuesday

Wednesday

Thursday

Friday



Exams!

No Lunch

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

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



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

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



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

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

Roasted Squash 🍷



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, Cripsyand 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



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

BBQ Chicken Sandwich
baked chicken smothered in BBQ sauce on a bun

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



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



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

Mesclun Spring Mix
Grape Tomatoes
Cucumber Coins
Fresh Baby Carrots
Fresh Orange
Melon Cup
Pineapple
Fresh Banana



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🌱 VEGETARIAN 🍷 MADE WITH ALL NATURAL INGREDIENTS 🍷 PORK 🌱 VEGAN 🍷 MADE WITH ORGANIC INGREDIENTS

Fairfield High Schools

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Lunch Cafe

1/29/2018 - 1/31/2018

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 🍴

Early
Dismissal
No Lunch!

Club Griller
grilled cheese sandwich with Swiss cheese, tomatoes, bacon, ranch and American cheese 🍴

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 🍴

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



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

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

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 🍴

The Works Hot Dog
hot dog on a bun with mustard, sauerkraut, jalapenos, onions and relish 🍴

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 🍴

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
Melon Cup
Fresh Banana
Fresh Grapes

Mesclun Spring Mix
Cucumber Coins
Red Pepper Strips
Fresh Baby Carrots
Fresh Apple
Melon Cup
Pineapple
Strawberry Cup



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