

Fairfield Middle Schools

Welcome to our
Lunch Cafe

1/1/2018 - 1/5/2018

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 P 🍌

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

Snow Days!



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

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

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



Chicken Wings
breaded chicken wings baked to perfection
Steamed Broccoli

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



Fish Sandwich
fish fillet on a bun with cheese 🍌

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

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



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, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait



Beef and Cheese Quesadilla
melted chesse 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: Nacho Chips, Crispy and Soft Tacos, Rice with your choice of Beef, Chicken, Vegetables, Refried Beans, Cheese Sauce, Shredded Cheddar and Fresh Vegetable Toppings



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

Green Pepper Slices
Tomato Salad
Fresh Broccoli
Spinach Salad
Fresh Orange
Fresh Banana
Fresh Grapes
Fresh Peach

Fresh Fruits and Vegetables and Choice of Milk



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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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🌿 VEGETARIAN 🍌 MADE WITH ALL NATURAL INGREDIENTS 🐷 PORK 🌱 VEGAN 🍄 MADE WITH ORGANIC INGREDIENTS

Fairfield Middle Schools

Welcome to our
Lunch Cafe

1/8/2018 - 1/12/2018

Monday

Tuesday

Wednesday

Thursday

Friday

 	<p>Turkey & Cheese Sandwich thinly sliced turkey and cheese sandwich</p>	<p>Ham and Cheese Sandwich Ham and Cheese Sandwich </p>	<p>Egg Salad Sandwich fresh mixed egg salad on assorted bread options </p>	<p>Buffalo Chicken and Cheese Sandwich sliced buffalo chicken and cheese on WG sandwich bread </p>	<p>Love At First Bite Sandwich turkey breast and cheese with lettuce and tomato on a roll spread with thousand island dressing </p>
<p>Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Lettuce & Tomato on a Whole Wheat Wrap</p>					
	<p>Meat and Cheese Calzone calzone stuffed with delicious italian meats and melted cheeses </p>	<p>Buffalo Chicken Stromboli zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough </p>	<p>Cheese Pizza Pops garlic pizza dough stuffed with mozzarella cheese, tomato sauce and crushed red pepper </p>	<p>Grilled Vegetable Pizza grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella </p>	<p>Pizza Calzone folded whole grain pizza dough filled with ricotta cheese and caramelized onions  </p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough</p>					
	<p>Steamed Dumplings stuffed dumplings perfect for dipping in your favorite Asian sauce  Roasted Vegetables</p>	<p>Philly Cheese Sandwich beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun  Golden Baked Potato Wedges</p>	<p>Chicken Parmesan Over Pasta oven baked chicken topped with sauce and melted cheese, all over pasta   Squash Medley</p>	<p>French Toast slices of French toast baked to perfection  Cinnamon Apple Slices</p>	<p>Chicago Style Hot Dog skinless hot dog on a bun, topped with mustard, pickle chips, onions, tomatoes, tomatoes and jalapeño peppers  Baked Beans</p>
	<p>Chicken Wings breaded chicken wings baked to perfection</p>	<p>English Cheddar Burger grilled burger topped with cheddar cheese, sautéed onions, lettuce and tomatoes on a bun </p>	<p>Beef Hot Dog on Bun juicy beef hot dog on a soft bun</p>	<p>BBQ Rib Sandwich BBQ rib patty on a bun</p>	<p>Buffalo Chicken Sandwich chicken marinated in hot sauce on a roll, topped with lettuce and tomato </p>
<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
	<p>Garden Salad Entree fresh garden salad topped with meat  </p>	<p>Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg </p>	<p>Tuna Salad Plate garden salad topped with freshly made tuna salad   </p>	<p>Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs  </p>	<p>Grilled Chicken Salad with Dinner Rolls grilled chicken breast, lettuce, julienned carrots, sliced tomatoes and cucumbers </p>
<p>Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait</p>					
	<p>Fiesta Taco Salad a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar </p>	<p>Beef and Cheese Quesadilla melted chesse and fiesta beef folded inside a grilled tortilla </p>	<p>Burrito fiesta style meat with sour cream, beans, rice, cheese, and lettuce wrapped in a tortilla </p>	<p>Nachos with Cheese creamy cheese layered over a bed of nachos </p>	<p>Crispy Tacos crispy taco shells filled with taco meat and cheddar cheese </p>
<p>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</p>					
	<p>Potato Salad Spinach Salad Grape Tomatoes Fresh Broccoli Fresh Apple Melon Cup Strawberry Cup Blueberries</p>	<p>Tomato Salad Side Salad Fresh Broccoli Red Pepper Strips Fresh Apple Melon Cup Pineapple Fresh Grapes</p>	<p>Fresh Baby Carrots Green Pepper Slices Garbanzo Beans Mesclun Spring Mix Fresh Orange Fresh Banana Strawberry Cup Fresh Peach</p>	<p>Grape Tomatoes Fresh Cucumber Salad Spinach Salad Green Pepper Slices Fresh Apple Melon Cup Pineapple Fresh Grapes</p>	<p>Garden Salad Fresh Broccoli Garbanzo Beans Red Pepper Strips Fresh Orange Fresh Banana Blueberries Strawberry Cup</p>
<p>Fresh Fruits and Vegetables and Choice of Milk</p>					

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 Middle Schools

Welcome to our
Lunch Cafe

1/15/2018 - 1/19/2018

Monday

Tuesday

Wednesday

Thursday

Friday

 		<p>Tuna Salad Sandwich tuna salad on fresh bread</p> <p> </p>	<p>Ham & Cheese Triple Decker Sandwich triple stacked thinly sliced ham, cheese, crisp lettuce and ripe red tomato between 3 slices of soft bread</p> <p> </p>	<p>American Beauty Sandwich thinly sliced turkey and cheese, lettuce and tomato on a roll</p> <p></p>	<p>Egg Salad Sandwich fresh mixed egg salad on assorted bread options</p> <p> </p>
<p>Boar's Head Turkey, Ham, or Buffalo Chicken with Cheese, Lettuce & Tomato on a Whole Wheat Wrap</p>					
		<p>Chicken Fajita Pizza cheesy pizza slice topped with fajita chicken, onions and peppers</p> <p></p>	<p>Mushroom Pizza fresh pizza crust topped with pizza sauce, mozzarella, parmesan and mushrooms</p> <p> </p>	<p>Meat and Cheese Stromboli chopped meat and melted cheese wrapped in pizza dough</p> <p></p>	<p>Buffalo Chicken Pizza cheese pizza topped with Buffalo chicken pieces</p> <p></p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough</p>					
		<p>Tangerine Dream Chicken Rice Bowl Bowl with breaded chicken in tangerine sauce, brown rice, broccoli, carrots, and red peppers</p> <p></p> <p>Fresh Cucumber Salad</p>	<p>Cheese Ravioli with Meat Sauce cheesy ravioli topped with meat sauce and served with a roll</p> <p> </p> <p>Garlic Bread Lemon Marinated Carrots</p>	<p>BBQ Chicken Sandwich baked chicken smothered in BBQ sauce on a bun</p> <p>Oven Baked Fries</p>	<p>Deli Bar Garden Salad A selection of Boar's Head Buffalo Chicken, Ham, Turkey, and Assorted Cheeses, on Whole Grain Bread and Kaiser Rolls with your choice of</p>
		<p>Pizza Burger burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a bun</p> <p></p>	<p>Grilled Chicken Teriyaki Sandwich sandwich with chicken breast marinated in teriyaki sauce, topped with lettuce and tomato</p> <p></p>	<p>Philly Cheese Sandwich beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun</p> <p></p>	<p>French Patty Melt grilled burger topped with onions with lettuce and tomatoes</p> <p></p>
<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
		<p>Spinach Mandarin Salad with Dinner Rolls tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella</p> <p> </p>	<p>Crudite & Cheese Platter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese</p> <p> </p>	<p>Buffalo Chicken Salad with Dinner Rolls spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes</p> <p></p>	<p>Mexican Salad Salad with beans, corn, sour cream, and salsa</p> <p></p>
<p>Available Daily: Garden Salad, Chef Salad, Chicken Caesar Salad, Organic Yogurt Parfait</p>					
		<p>Ranch & Chicken Quesadilla fiesta chicken, mozzarella and ranch dressing melted into a tortilla</p>	<p>Burrito fiesta style meat with sour cream, beans, rice, cheese, and lettuce wrapped in a tortilla</p> <p></p>	<p>Nachos Grande tortilla chips topped with mexi style meat and cheese sauce</p> <p></p>	<p>Soft Taco fiesta-style meat with melted cheese arranged in a soft taco shell</p> <p></p>
<p>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</p>					
		<p>Spinach Salad Fresh Baby Carrots Garbanzo Beans Green Pepper Slices Fresh Apple Fresh Grapes Strawberry Cup Blueberries</p>	<p>Red Pepper Strips Mesclun Spring Mix Fresh Baby Carrots Fresh Apple Mediterranean Watermelon Side Salad Pineapple Fresh Banana</p>	<p>Grape Tomatoes Fresh Broccoli Side Salad Fresh Baby Carrots Fresh Orange Fresh Banana Fresh Grapes Strawberry Cup</p>	<p>Garbanzo Beans Green Pepper Slices Fresh Baby Carrots Caesar Salad Fresh Apple Melon Cup Pineapple Fresh Banana</p>
<p>Fresh Fruits and Vegetables and Choice of Milk</p>					

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 Middle Schools

Welcome to our
Lunch Cafe

1/22/2018 - 1/26/2018

Monday

Tuesday

Wednesday

Thursday

Friday

 	Buffalo Chicken and Cheese Sandwich <i>sliced buffalo chicken and cheese on WG sandwich bread</i> 🍌	Turkey & Cheese Sandwich <i>thinly sliced turkey and cheese sandwich</i>	American Beauty Sandwich <i>thinly sliced turkey and cheese, lettuce and tomato on a roll</i> 🍌	Tuna Salad Sandwich <i>tuna salad on fresh bread</i> 🌱🍌	Love At First Bite Sandwich <i>turkey breast and cheese with lettuce and tomato on a roll spread with thousand island dressing</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> 🍌	Meatball Pizza <i>cheese pizza topped with sliced meatball</i> 🍌	Margherita Pizza <i>pizza dough topped with tomato sauce, mozzarella, fresh tomatoes and basil</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					
	Oven Roasted Chicken <i>Oven Roasted Chicken</i> Brown Rice Green Beans	Pasta, Pasta, Pasta <i>pasta with the sauce of your choice: Alfredo, marinara or bolognese</i> Caesar Salad	Cowboy Chili <i>chunky chili with tomatoes, spicy peppers and beans topped with cheddar cheese</i> 🍌 Tortilla Chips Baked potato	Mac & Cheese <i>pasta in cheese sauce, garnished with parsley</i> 🌱 Steamed Broccoli 🍌	Diced Chicken <i>Diced Chicken</i> With Tagine Sauce Brown Rice Indian Spiced Vegetables
	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> 🌱🍌	St. Louis BBQ Rib Sandwich* <i>boneless ribs in bbq sauce with cheddar and onion rings on a bun</i>	Meatball Parmesan Sandwich <i>warm meatballs on a roll, topped with tomato sauce and melted mozzarella cheese</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> 🌱🍌	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					
	Fiesta Taco Salad <i>a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar</i> 🍌	Pepperoni Quesadilla <i>melted cheese and pepperoni folded inside a grilled whole wheat tortilla</i> 🍌	Burrito <i>fiesta style meat with sour cream, beans, rice, cheese, and lettuce 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					
	Corn & Vegetable Salad Green Pepper Slices Fresh Baby Carrots Fresh Broccoli Fresh Orange Melon Cup Fresh Grapes Pineapple	Tomato Salad Side Salad Fresh Broccoli Garbanzo Beans Fresh Apple Pineapple Fresh Banana Blueberries	Green Pepper Slices Cucumber Coins Side Salad Fresh Baby Carrots Fresh Apple Melon Cup Strawberry Cup Fresh Peach	Tomato Salad Side Salad Fresh Broccoli Garbanzo Beans Fresh Apple Pineapple Fresh Banana Blueberries	Red Pepper Strips Side Salad Grape Tomatoes Fresh Baby Carrots Fresh Orange Melon Cup Fresh Grapes Pineapple
Fresh Fruits and Vegetables and Choice of Milk					

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Fairfield Middle Schools

Welcome to our
Lunch Cafe

1/29/2018 - 1/31/2018

Monday

Tuesday

Wednesday

Thursday

Friday



Egg Salad Sandwich
fresh mixed egg salad on assorted bread options

Early Dismissal
No Lunch!

Ham and Cheese Sandwich
Ham and Cheese Sandwich



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

Chicken Pizza
pizza topped with mozzarella cheese and chicken

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
Brown Rice
Chili Roasted Garbanzo Beans

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

Pasta with Sauce

Roasted Butternut
Grilled Cheese with Bacon
grilled cheese with layers of crisp bacon on toasty bread

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 Platter
cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese

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

Nachos Grande
tortilla chips topped with mexi style meat and cheese sauce

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
Melon Cup
Pineapple
Fresh Banana
Strawberry Cup

Spinach Salad
Green Pepper Slices
Cucumber Coins
Fresh Baby Carrots
Fresh Orange
Fresh Grapes
Blueberries
Fresh Peach

Fresh Fruits and Vegetables and Choice of Milk



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