

Fairfield High Schools From 4/3/2017 To 4/7/2017



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	<p>Egg Salad in a Pita* ✔</p>	<p>BBO Chicken Wrap <i>diced barbecue chicken with lettuce and tomatoes, wrapped in a whole wheat tortilla</i> 🍅</p>	<p>The Red Square Wrap <i>Boar's Head turkey and Swiss cheese in a whole wheat wrap, smothered in thousand island dressing, with</i></p>	<p>Boars Head Turkey BLT Sandwich <i>turkey with lettuce, tomato and bacon on bread</i></p>	<p>Vegetarian Wrap <i>mozzarella cheese, cucumbers, tomatoes, and red onions on a tortilla wrap spread with hummus</i> ✔</p>
<p>Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles</p>					
	<p>Bacon Pizza <i>whole wheat pizza dough topped with tomato sauce, cheese and crispy bacon</i> 🍅</p>	<p>Beef &amp; Cheese Stromboli <i>garlic toasted whole grain pizza crust filled with beef, mozzarella and marinara sauce</i></p>	<p>Meatball Calzone <i>garlic toasted whole grain calzone filled with meatballs, ricotta and melted cheeses</i></p>	<p>Margherita Pizza <i>whole wheat pizza dough topped with tomato sauce, mozzarella, fresh tomatoes and basil</i> ✔</p>	<p>Chicken Parmesan Calzone <i>garlic toasted pizza crust, stuffed with ricotta cheese, melted mozzarella and diced chicken cutlet</i></p>
<p>Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Mac &amp; Cheese <i>whole grain elbow pasta in a creamy cheese sauce</i> ✔ Peas</p>	<p>Cheeseburger Pretzel Sandwich <i>beef burger topped with American cheese, served on a whole grain pretzel bun</i> Baked Sweet Potato Fries</p>	<p>Spicy Popcorn Chicken  Cajun Maple Carrots</p>	<p>Mini Cheese Ravioli <i>mini cheesy ravioli topped with tomato sauce</i> ✔ 🍅 Garlic Bread Broccoli &amp; Garbanzo Bean Salad</p>	<p>Chicken Teriyaki over Brown Rice <i>tender Teriyaki chicken served over steamed brown rice</i> Steamed Broccoli</p>
	<p>Chicken Burrito Bowl <i>brown rice topped with fajita style chicken, black beans, lettuce, sautéed onions and peppers, pico de gallo and tortilla strips</i></p>	<p>Veggie Bean Quesadilla <i>cheesy quesadilla, stuffed with black beans, onions and sauteed peppers</i></p>	<p>Beefy Burrito <i>fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</i></p>	<p>Chicken Enchilada <i>crispy chicken tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream</i></p>	<p>Fiesta Taco Salad <i>fiesta style beef, lettuce and tomatoes served on a whole wheat tortilla bowl</i></p>
<p>Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce</p>					
	<p>Buffalo Chicken Sandwich <i>spicy chicken patty with lettuce and tomatoes on a club roll</i></p>	<p>Fish Sandwich <i>fish fillet on a whole wheat bun with lettuce and cheese</i></p>	<p>Turkey Bacon Cheeseburger <i>beef cheeseburger topped with turkey bacon, lettuce and tomato, on a whole wheat hamburger bun</i></p>	<p>Beef Sliders <i>mini beef patties on mini hamburger buns</i></p>	<p>Hot Dog on a Bun <i>beef hot dog nestled on a soft bun and topped with your choice of condiments</i></p>
<p>Available Daily: Hamburger, Cheeseburgers, Turkey Burgers &amp; Veggie Burgers served on whole wheat Roll * New Item Available Daily: Egg &amp; American Cheese or Turkey Bacon, Egg &amp; American Cheese on a Whole Wheat Bagel *</p>					
	<p>Turkey Garden Salad with Dinner Rolls <i>turkey breast over mixed greens with lettuce, tomatoes, cucumbers, and carrots</i></p>	<p>Cobb Salad with Dinner Roll <i>tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and croutons</i></p>	<p>Garden Salad with Cheese &amp; Dinner Rolls <i>mixed greens with tomatoes, cucumbers, carrot sticks, radishes, and shredded cheddar</i></p>	<p>Spinach Salad with 2 Dinner Rolls <i>with eggs, mushrooms and mozzarella cheese</i> ✔</p>	<p>Greek Salad with Dinner Roll <i>romaine lettuce, red onion, tomatoes, cucumbers, feta cheese and black olives</i></p>
<p>Available Daily: Garden Salad, Chef Salad &amp; Chicken Salad, served with twin whole wheat dinner rolls &amp; low fat dressing ***New Item Available Daily*** Organic Hummus &amp; Organic Whole Wheat Pretzell</p>					
	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Deli Style Coleslaw Potato Salad Fresh Orange Red Delicious Apple</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Fresh Orange Red Delicious Apple Potato Salad Deli Style Coleslaw</p>	<p>Romaine Salad w/ Tomato Baby Carrots Celery Sticks Garbanzo Beans Potato Salad Deli Style Coleslaw Fresh Orange Red Delicious Apple</p>

\*USDA is an equal opportunity provider, employer, and lender.

MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE  
AT LEAST 2 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 undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. If you have a food allergy, please speak to the Director or Lead Server. 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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Spring Break!

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MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE  
AT LEAST 2 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 From 4/17/2017 To 4/21/2017



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	<p>Tuna Salad on a Bagel tuna salad with lettuce served on a whole wheat bagel</p>	<p>Vegetarian Wrap mozzarella cheese, cucumbers, tomatoes, and red onions on a tortilla wrap spread with hummus</p>	<p>South of the Border Wrap crispy chicken tenders, cheddar cheese and Mexi rice on a whole wheat wrap</p>	<p>All American Chicken Salad Wrap chicken salad, crispy bacon strips and fresh lettuce and tomatoes on a tortilla wrap</p>	<p>Chicken Delight Wrap crispy chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla</p>
<p>Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles</p>					
	<p>Tossed Salad Pizza whole wheat pizza dough topped with tossed greens, tomatoes and balsamic vinaigrette</p>	<p>Buffalo Chicken Stromboli zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough</p>	<p>White Pizza fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella cheese, baked to perfection</p>	<p>Roasted Garlic &amp; Onion Calzone garlic toasted whole grain calzone filled with roasted garlic, onion, ricotta and melted cheeses</p>	<p>Cheesy Stuffed Breadsticks gooey mozzarella cheese filled whole wheat sticks great for dunking in your favorite sauce</p>
<p>Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Chicken Tenders Lite Veggie Pasta Salad Peas</p>	<p>Waffles &amp; Sausage light and crisp whole grain waffles served with a sausage patty Baked Sweet Potato Fries</p>	<p>Philly Cheese Steak Sandwich thinly sliced steak with sauteed peppers and onions and melted mozzarella on a whole wheat kaiser roll Spicy Honey Carrots</p>	<p>Buffalo Chicken Quesadilla buffalo chicken and melted cheddar cheese pressed inside a whole wheat tortilla Black Bean Salad</p>	<p>Chicken Parmesan Over Pasta traditional chicken parmesan topped with pomodoro sauce and melted mozzarella cheese, served over a bed of pasta Caesar Salad</p>
	<p>Beef Burrito Bowl brown rice, topped with fiesta style beef, black beans, lettuce, sautéed onions and peppers, pico de gallo and baked tortilla strips</p>	<p>Ranch &amp; Chicken Quesadilla fiesta chicken, mozzarella and ranch dressing melted into a whole wheat wrap</p>	<p>Bean &amp; Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream</p>	<p>Crispy Chicken Taco fiesta style chicken wrapped in a crispy tortilla shell with cheddar cheese, lettuce and salsa</p>	<p>Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream</p>
<p>Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce</p>					
	<p>Spicy Chicken Sandwich a boldly spiced crispy chicken breast fillet on a soft bun</p>	<p>Texas Rib Sandwich boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun</p>	<p>Chicken Parm Sandwich lightly breaded chicken breast patty topped with melted mozzarella and tomato sauce on a toasted whole grain</p>	<p>Fish Sandwich fish fillet on a whole wheat bun with lettuce and cheese</p>	<p>Hot Dog on a Bun beef hot dog nestled on a soft bun and topped with your choice of condiments</p>
<p>Available Daily: Hamburger, Cheeseburgers, Turkey Burgers &amp; Veggie Burgers served on whole wheat Roll * New Item Available Daily: Egg &amp; American Cheese or Turkey Bacon, Egg &amp; American Cheese on a Whole Wheat Bagel</p>					
	<p>Turkey Garden Salad with Dinner Rolls turkey breast over mixed greens with lettuce, tomatoes, cucumbers, and carrots</p>	<p>Cobb Salad with Dinner Roll tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and</p>	<p>Garden Salad with Cheddar Cheese tomatoes, cucumbers and shredded cheddar cheese served over a bed of romaine lettuce, with two dinner rolls</p>	<p>Spinach Salad with 2 Dinner Rolls with eggs, mushrooms and mozzarella cheese</p>	<p>Greek Salad with Dinner Roll romaine lettuce with red onions, tomatoes, cucumbers, feta cheese and black olives, served with a whole wheat</p>
<p>Available Daily: Garden Salad, Chef Salad &amp; Chicken Salad, served with twin whole wheat dinner rolls &amp; low fat dressing ***New Item Available Daily*** Organic Hummus &amp; Organic Whole Wheat Pretzell!</p>					
	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple Potato Salad Deli Style Coleslaw</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple Potato Salad Deli Style Coleslaw</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple Potato Salad Deli Style Coleslaw</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple Potato Salad Deli Style Coleslaw</p>	<p>Baby Carrots Celery Sticks Garbanzo Beans Romaine Salad w/ Tomato Fresh Orange Red Delicious Apple Potato Salad Deli Style Coleslaw</p>

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AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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Fairfield High Schools From 4/24/2017 To 4/28/2017



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	<p>Turkey Club Wrap <i>Boar's Head turkey breast, turkey bacon, chopped romaine lettuce and tomato, wrapped in a whole wheat tortilla</i></p>	<p>Caesar Chicken Wrap <i>caesar chicken, crisp romaine lettuce and parmesan cheese wrapped in a whole wheat tortilla, drizzled</i></p>	<p>Black Bean &amp; Hummus Wrap <i>homemade hummus, black beans and scallions on a whole wheat Wrap</i></p>	<p>The Red Square Wrap <i>Boar's Head turkey and Swiss cheese in a whole wheat wrap, smothered in thousand island dressing, with</i></p>	<p>Egg Salad in a Pita*</p>
<p>Available Daily: Boar's Head Turkey, Buffalo Chicken and Ham. American, Swiss or Provolone, Pepperjack Cheese lettuce, tomato, peppers, onions, olives and pickles</p>					
	<p>Pizza Bagel <i>fresh whole wheat bagel topped with marinara sauce and mozzarella cheese</i></p>	<p>Meatball Stromboli <i>beef and chicken meatballs, stuffed inside a folded pizza crust with tomato sauce and melted mozzarella cheese</i></p>	<p>Chicken Pepperoni Pizza Pops <i>garlic pizza dough stuffed with mozzarella cheese, tomato sauce, chicken pepperoni and spices</i></p>	<p>French Bread Pizza <i>marinara sauce and mozzarella cheese on a french baguette</i></p>	<p>Sausage &amp; Cheese Calzone <i>pork sausage, ricotta and mozzarella cheeses tucked into a whole grain pizza crust</i></p>
<p>Available Daily: Plain and Pepperoni Whole Grain Pizza by the Slice</p>					
	<p>Grilled Chicken Sandwich <i>grilled chicken breast on a bun</i> Baked Potato Wedges</p>	<p>French Toast Sticks <i>crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup</i> Scrambled Eggs Baked Sweet Potato Fries</p>	<p>Pasta, Pasta, Pasta <i>pasta with the sauce of your choice: Alfredo, marinara or bolognese</i> Parmesan Roasted Butternut Squash</p>	<p>Super Bacon Hot Dog <i>hot dog on a bun with bacon, mustard, and onion</i> Vegetarian Baked Beans</p>	<p>Cheesy Stuffed Breadsticks with Marinara Sauce <i>cheesy stuffed breadstick dunkers with marinara sauce</i> Caesar Salad</p>
	<p>Chicken Burrito Bowl <i>brown rice topped with fajita style chicken, black beans, lettuce, sautéed onions and peppers, pico de gallo and tortilla strips</i></p>	<p>Cheddar Quesadilla <i>melted cheddar cheese inside a grilled folded tortilla with pico de gallo</i></p>	<p>Beefy Burrito <i>fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla</i></p>	<p>Crispy Chicken Taco <i>fiesta style chicken wrapped in a crispy tortilla shell with cheddar cheese, lettuce and salsa</i></p>	<p>Southwest Fajita Bowl* <i>layers of brown rice, fajita seasoned beef, cheddar cheese and salsa</i></p>
<p>Available Daily: Crunchy or Soft Tacos and Nachos Chips. Toppings include: Salsa, Sour Cream, Lettuce and Cheddar Cheese Shredded or Sauce</p>					
	<p>Beef Sliders <i>mini beef patties on mini hamburger buns</i></p>	<p>Bacon Cheeseburger <i>beef burger topped with turkey bacon, low fat American cheese, lettuce and tomato, served on whole wheat</i></p>	<p>Buffalo Style Baked Chicken Tenders <i>crispy chicken tenders perfect for dunking in our buffalo sauce and served with carrot and</i></p>	<p>Cactus Jack Wrap <i>grilled chicken breast drizzled with hot sauce, with lettuce and tomato on a whole wheat wrap</i></p>	<p>English Cheddar Burger <i>grilled beef burger topped with cheddar cheese, sautéed onions, lettuce mix and tomatoes on a whole</i></p>
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	<p>Turkey Garden Salad with Dinner Rolls <i>turkey breast over mixed greens with lettuce, tomatoes, cucumbers, and carrots</i></p>	<p>Cobb Salad with Dinner Roll <i>tossed greens topped with crispy chicken, bacon, cheddar, tomatoes, cucumbers, egg crumbles and</i></p>	<p>Garden Salad with Cheese &amp; Dinner Rolls <i>mixed greens with tomatoes, cucumbers, carrot sticks, radishes, and shredded cheddar</i></p>	<p>Spinach Salad with 2 Dinner Rolls <i>with eggs, mushrooms and mozzarella cheese</i></p>	<p>Greek Salad with Dinner Roll <i>romaine lettuce with red onions, tomatoes, cucumbers, feta cheese and black olives, served with a whole wheat dinner roll</i></p>
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**MONDAY**

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**FRIDAY**


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