

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – May 12 - May 16, 2014

 **Mother's Day ~ May 11**

	MONDAY ¹²	TUESDAY ¹³	WEDNESDAY ¹⁴	THURSDAY ¹⁵	FRIDAY ¹⁶
TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.75 (middle schools) \$2.80 (high schools)	Meatballs in ❖Sauce on Grinder Roll ❖Garden Salad w/Lite Dressing Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	Chicken Tenders Sweet Potato Fries Broccoli Cuts Vegetable Cup Choice Assorted Fruit Choice Milk	❖Hearty Vegetable Soup ❖Toasted Cheese Sandwich on WW Bread Vegetable Cup Choice Assorted Fruit Choice Milk	❖WW Belgium Waffles w/syrup Chicken Sausage ❖Warm Apple Slices Vegetable Cup Choice Assorted Fruit Choice Milk	❖Deep Dish Pizza ❖Leafy Green Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk
DELUXE MEAL DELI BAR CREATE YOUR OWN \$3.85	<p style="text-align: center;"><u>Select One</u> Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p style="text-align: center;"><u>Select One Protein – 2oz</u> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p style="text-align: center;"><u>Select From</u> Romaine or Spinach Cabbage, Tomato Slices, Shredded Carrots, Onions, Cucumbers, Fresh Red and Green Pepper Strips, Broccoli Florets, Chickpeas, Cucumbers, Celery, Coleslaw, Potato Salad, Kidney Beans</p> <p style="text-align: center;">Choice of fruit and veggie cup Choice of 1% or skim white milk or fat-free chocolate milk</p>				
DELUXE MEAL \$3.85	<p style="text-align: center;"><u>Monday, Wednesday, Friday – Deluxe Meal</u></p> <p style="text-align: center;"><u>Select One</u> Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla</p> <p style="text-align: center;"><u>Select Two</u> Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
SPECIALTY BAR \$3.85	<p style="text-align: center;"><u>Tuesday and Thursday – Cook's Choice</u></p> <p style="text-align: center;"><u>Select One</u> Entree</p> <p style="text-align: center;"><u>Select Two</u> Side Dishes</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
DELUXE MEAL GRAB AND GO \$3.85	<p style="text-align: center;">Yogurt Parfait or Chef Salad</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	<p style="text-align: center;">Caesar Salad or Tossed Salad</p> <p style="text-align: center;">Soup of the Day</p>				
A LA CARTE Priced individually	Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages				

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 Menu subject to change ❖ = indicates meals cooked from scratch * = indicates vegetarian meals