



FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – December 13 - 17, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate</p> <p>\$2.15 (middle schools) \$2.20 (high schools)</p>	Bosco Pizza Fresh Veggies Lite Dip Fruit Choice Milk	Inside Out Chicken Pot Pie Chicken & Veggies in Gravy Over Biscuit Mashed Potatoes Whole Fruit Icy Milk	Nacho Scoops Seasoned Beef Mexicali Veggies Fruit Choice Milk	<u>Rice Bowl</u> Brown Rice Popcorn Chicken Oriental Veggies Mandarin Oranges Milk	Whole Grain Rotini Our Own Made Meat Sauce Garden Salad Lite Dressing Fruit Choice Milk

AVAILABLE MONDAY THROUGH FRIDAY	
<p>DELI BAR \$3.50</p>	<p style="text-align: center;"><u>Select One:</u> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Cheese</p> <p style="text-align: center;"><u>Select up to Three sides:</u> Lettuce & tomato, Coleslaw, Baby Carrots, Onions, Cucumbers, Fresh Pepper Strips</p> <p style="text-align: center;"><u>Served on your choice of:</u> Hard Roll, Grinder Roll, Portuguese Roll, Wheat, Rye, Pumpernickel, Marble, Deli Thins, Assorted Wraps</p> <p style="text-align: center;">Choice of fruit and low-fat or skim milk</p>
<p>DELUXE MEAL \$3.50</p>	<p style="text-align: center;"><u>Monday, Thursday & Friday – Deluxe Meal</u></p> <p style="text-align: center;"><u>Select One:</u> Tilapia with Roll, Spicy Chicken Patty on Roll, Pizza, Cook's Choice</p> <p style="text-align: center;"><u>Select Two sides:</u> Coleslaw, Fresh Veggie Cup, Fresh Steamed Veggies, Potato, Fruit Choice</p> <p style="text-align: center;">Choice of low-fat or skim milk</p>
<p>SPECIALTY BAR \$3.50</p>	<p style="text-align: center;"><u>Tuesday & Wednesday – Italian Bar</u></p> <p style="text-align: center;"><u>Select One:</u> Chicken Parmesan on Roll, Eggplant Parmesan on Roll, Meatball Grinder, Baked Ziti with Cheese</p> <p style="text-align: center;"><u>Select Two:</u> Escarole & Beans, Side of Tossed Salad, Potato, Fresh Veggie Cup, Steamed Veggies</p> <p style="text-align: center;">Served with Sherbet Cup and Choice of low-fat or skim milk</p>
<p>DELUXE MEAL \$3.50</p>	<p style="text-align: center;">Yogurt Parfait or Chef Salad</p> <p style="text-align: center;">Choice of low-fat or skim milk</p>
<p>A LA CARTE SALADS \$2.00 SOUP - \$1.25</p>	<p style="text-align: center;">Caesar Salad or Tossed Salad Soup of the Day</p>
<p>A LA CARTE Priced individually</p>	<p style="text-align: center;">Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>

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Menu subject to change