

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – December 6 - 10, 2010



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.15 (middle schools) \$2.20 (high schools)	Cheese Quesadilla Corn off the Cob Fresh Veggies Fruit Choice Milk	Breaded Baked Chicken Smiley Potatoes Fresh Steamed Spinach Wheat Dinner Roll Fruit Choice Milk	Calzone with Tomato Sauce Tossed Salad Lite Dressing Fruit Choice Milk	COOK'S CHOICE POSTED AT EACH SCHOOL	Macaroni & Cheese With Fish Nuggets Steamed Broccoli Fruit Choice Milk

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

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