

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – Feb. 28 - March 4, 2011



	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)	Deep Dish Pizza Fresh Steamed Broccoli Fruit Choice Milk	Chicken Patty on Wheat Roll Whipped Potato/Gravy Fresh Veggies Fruit Choice Milk	<u>Taco Bar</u> Soft or Hard Shell Seasoned Beef Lettuce, Tomato, Salsa Corn Niblets Fruit Choice Milk	Asian BBQ Chicken Orange Rice Pilaf Fresh Baby Carrots Fruit Choice Milk	Hamburger on Wheat Roll Lower Sodium Potato Sticks Zesty Green Beans Fruit Choice Milk

AVAILABLE MONDAY THROUGH FRIDAY	
DELI BAR \$3.50	<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:</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>
DELUXE MEAL \$3.50	<p style="text-align: center;"><u>Monday & Wednesday – Deluxe Meal</u></p> <p style="text-align: center;"><u>Select One:</u> Tilapia, Salmon, Pizza, Spicy Chicken Patty, Mozzy Sticks</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 low-fat or skim milk</p>
SPECIALTY BAR \$3.50	<p style="text-align: center;"><u>Tuesday & Thursday – Specialty Bar</u></p> <p style="text-align: center;"><u>Select One:</u> Chicken Parmesan or Eggplant Parmesan on Roll, Meatball Grinder, Baked Ziti</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>
DELUXE MEAL \$3.50	<p style="text-align: center;"><u>Friday – Cook’s Choice</u></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>
A LA CARTE SALADS \$2.00 SOUP - \$1.25	<p style="text-align: center;">Caesar Salad or Tossed Salad Soup of the Day</p>
A LA CARTE Priced individually	<p style="text-align: center;">Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>

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