



# FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – January 24 – 28, 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>TRADITIONAL HOT LUNCH</b>  <u>Also available daily:</u>            Bagel/yogurt plate            Cereal/yogurt plate</p> <p>\$2.15 (middle schools)            \$2.20 (high schools)</p>	Hamburger on Wheat Roll Sweet Potato Fries Fresh Veggies Fruit Choice Milk	3 Mozzarella Sticks Chunky Vegetarian Chili Wheat Dinner Roll Fruit Choice Milk	Lasagna with Beef Garlic Breadstick Tossed Salad Lite Dressing Fruit Choice Milk	<u>Sample Day</u> Chilled Juice Chicken Nuggets Brown Rice Fruit Choice Milk *Sample: Snap Peas*	Deep Dish Pizza Fresh Steamed Broccoli Fruit Choice Milk

## AVAILABLE MONDAY THROUGH FRIDAY

<p><b>DELI BAR</b> \$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 &amp; 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><b>DELUXE MEAL</b> \$3.50</p>	<p style="text-align: center;"><u>Monday &amp; Wednesday – Deluxe Meal</u></p> <p style="text-align: center;"><u>Select One:</u>            Tilapia with Roll, Orange Chicken, Big Daddy Pizza, Hamburger on Roll, Salmon</p> <p style="text-align: center;"><u>Select Two sides:</u>            Lo Mein, Mashed Potatoes, Fresh Veggie Cup, Fresh Steamed Veggies, Fruit Choice</p> <p style="text-align: center;">Choice of low-fat or skim milk</p>
<p><b>SPECIALTY BAR</b> \$3.50</p>	<p style="text-align: center;"><u>Tuesday &amp; Thursday – Soup &amp; Sandwich Bar</u></p> <p style="text-align: center;"><u>Soups - Select One:</u>            Chicken Noodle, Minestrone, Tomato</p> <p style="text-align: center;"><u>Sandwich - Select One:</u>            Roast Beef with Gravy, Grilled Cheese, Grilled Ham &amp; Cheese</p> <p style="text-align: center;"><u>Select Two sides:</u>            Fresh Veggie Cup, Fresh Steamed Veggies, Fruit Choice</p> <p style="text-align: center;">Choice of low-fat or skim milk</p>
<p><b>DELUXE MEAL</b> \$3.50</p>	<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>
<p><b>A LA CARTE SALADS \$2.00 SOUP - \$1.25</b></p>	<p style="text-align: center;">Caesar Salad or Tossed Salad            Soup of the Day</p>
<p><b>A LA CARTE</b> Priced individually</p>	<p>Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>

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