

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – January 3 – 7, 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)	Cheesy Bread Tomato Sauce Fresh Steamed Broccoli Fruit Choice Milk	Nacho Scoops Seasoned Beef Mexicali Veggies Fruit Choice Milk	Asian BBQ Chicken Our Own Lo Mein Oriental Blend Veggies Fruit Choice Milk	Sloppy Joe on Wheat Hamburger Roll Zesty Green Beans Fruit Choice Milk	Oven Easy Chicken Mediterranean Linguini with Basil & Tomatoes Tossed Salad 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 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>
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 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>
SPECIALTY BAR \$3.50	<p style="text-align: center;"><u>Tuesday & Thursday – Soup & 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 & 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>
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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Menu subject to change