

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – November 15-19, 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)	Hamburger on Whole Wheat Roll Sweet Potato Fries Fresh Veggies Fruit Choice Milk	Chunky Vegetarian Chili 3 Mozzarella Sticks Whole Wheat Dinner Roll Fruit Choice Milk	Lasagna with Beef Garlic Wheat Breadstick Tossed Salad Oil & Vinegar Fruit Choice Milk	Breaded Baked Chicken Roasted Root Veggies Wheat Dinner Roll Fruit Choice Milk	Cheesy Bread Pineapple Cole Slaw 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, Tuesday & Friday – Deluxe Meal</u></p> <p><u>Select One:</u> Asian BBQ Chicken, Deep Dish Pizza, Salmon with Roll</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>Wednesday & Thursday – Breakfast Bar</u></p> <p><u>Select One:</u> Egg & Cheese on English Muffin, Pancakes with Sausage, Waffle Sticks with Sausage</p> <p><u>Select Two:</u> Hot Apple Topping, Fruit Juice, Potato Puffs, Fruit Choice</p> <p>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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Menu subject to change