

# FAIRFIELD SECONDARY SCHOOLS

## LUNCH MENU – November 1 - 5, 2010



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TRADITIONAL HOT LUNCH</b> <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate  \$2.15 (middle schools) \$2.20 (high schools)	Quesadilla Fresh Veggies Lite Dip Fresh Fruit Milk	<b>ELECTION DAY</b>	Fish Nuggets with Macaroni & Cheese Broccoli Trees Rosy Red Apple Milk	<u>Rice Bowl</u> Brown Rice Asian BBQ Chicken Oriental Veggies Mandarin Oranges Milk	Big Daddy Pizza Zesty Green Beans Fruit Choice Milk

AVAILABLE MONDAY THROUGH FRIDAY	
<b>DELI BAR</b> \$3.50	<u>Select One:</u> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Cheese  <u>Select up to Three sides:</u> Lettuce & tomato, Coleslaw, Baby Carrots, Onions, Cucumbers, Fresh Pepper Strips  <u>Served on your choice of:</u> Hard Roll, Grinder Roll, Portuguese Roll, Wheat, Rye, Pumpernickel, Marble, Deli Thins, Assorted Wraps  Choice of fruit and low-fat or skim milk
<b>DELUXE MEAL</b> \$3.50	<u>Monday &amp; Friday – Deluxe Meal</u> <u>Select One:</u> Calzone, Salmon with Roll, Chicken Patty with Roll <u>Select Two sides:</u> Coleslaw, Fresh Veggie Cup, Fresh Steamed Veggies, Potato, Fruit Choice  Choice of low-fat or skim milk
<b>SPECIALTY BAR</b> \$3.50	<u>Wednesday &amp; Thursday – Breakfast Bar</u> <u>Select One:</u> Egg & Cheese on English Muffin, Pancakes with Sausage, Waffle Sticks with Sausage <u>Select Two:</u> Hot Apple Topping, Fruit Juice, Potato Puffs  Choice of low-fat or skim milk
<b>DELUXE MEAL</b> \$3.50	Yogurt Parfait or Chef Salad  Choice of low-fat or skim milk
<b>A LA CARTE SALADS \$2.00</b> <b>SOUP - \$1.25</b>	Caesar Salad or Tossed Salad Soup of the Day
<b>A LA CARTE</b> <b>Priced individually</b>	Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages

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