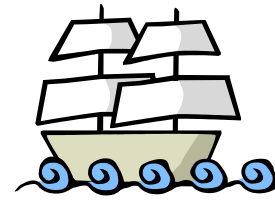


# FAIRFIELD SECONDARY SCHOOLS

## LUNCH MENU – October 11 - 15, 2010



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>TRADITIONAL HOT LUNCH</b></p> <p><u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate</p> <p>\$2.15 (middle schools) \$2.20 (high schools)</p>	<p>Hamburger on Wheat Roll Smiley Fries Fresh Baby Carrots Fruit Choice Milk</p>	<p>Whole Grain Penne Meat Sauce Garlic Bread Garden Salad Lite Dressing Rosy Red Apple/Milk</p>	<p>Oven Easy Baked Chicken Deli Roaster Potatoes Fresh Steamed Squash Marble Bread Fruit Choice/Milk</p>	<p><u>Potato Bar</u> Beef &amp; Bean Chili Low Fat Cheese Fresh Broccoli Florets Pumpnickel Bread Whole Fruit Icy/Milk</p>	<p>Pizza Dippers Tomato Sauce Pineapple Cole Slaw Fruit Choice Milk</p>

### AVAILABLE MONDAY THROUGH FRIDAY

<p><b>DELI BAR</b> \$3.50</p>	<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 &amp; 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, Pumpnickel, Marble, Deli Thins, Assorted Wraps</p> <p>Choice of fruit and low-fat or skim milk</p>
<p><b>DELUXE MEAL</b> \$3.50</p>	<p><u>Monday &amp; Friday – Deluxe Meal</u></p> <p><u>Select One:</u> Pizza, Salmon with Roll, Beefy Nachos, Brown Rice and Beans</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>
<p><b>SPECIALTY BAR</b> \$3.50</p>	<p><u>Tuesday, Wednesday, Thursday – Bamboo Asian Bar</u></p> <p><u>Select One:</u> General Tso Chicken, Orange Chicken, Asian BBQ Chicken</p> <p><u>Select One:</u> Our Own Made LoMein, Wheat Dinner Roll, Brown Rice</p> <p><u>Select Two:</u> Oriental Blend Vegetables, Fresh Veggie Cup, Mandarin Oranges, Fresh Fruit</p> <p>Choice of low-fat or skim milk</p>
<p><b>DELUXE MEAL</b> \$3.50</p>	<p>Yogurt Parfait or Chef Salad</p> <p>Choice of low-fat or skim milk</p>
<p><b>A LA CARTE</b> SALADS \$2.00 SOUP - \$1.25</p>	<p>Caesar Salad or Tossed Salad Chicken Noodle Soup</p>
<p><b>A LA CARTE</b> Priced individually</p>	<p>Bagel with Cream Cheese, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>

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Menu subject to change