



FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – October 18 - 22, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate</p> <p>\$2.15 (middle schools) \$2.20 (high schools)</p>	Chicken Patty on Wheat Roll Sweet Potato Fries Steamed Spinach Fruit Choice Milk	Cheesy Bread Tomato Sauce Fresh Steamed Veggies Fruit Choice Milk	Quesadilla Golden Corn Niblets Fruit Choice Milk	Cook's Choice Posted At Each School	Deep Dish Pizza Fresh Baby Carrots Fruit Choice Milk

AVAILABLE MONDAY THROUGH FRIDAY

<p>DELI BAR \$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 & 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>DELUXE MEAL \$3.50</p>	<p style="text-align: center;"><u>Monday & Friday – Deluxe Meal</u></p> <p style="text-align: center;"><u>Select One:</u> Pizza, Salmon with Roll, Beefy Nachos, Brown Rice and Beans</p> <p style="text-align: center;"><u>Select Two sides:</u> Coleslaw, Fresh Veggie Cup, Fresh Steamed Veggies, Potato, Fruit Choice</p> <p style="text-align: center;">Choice of low-fat or skim milk</p>
<p>SPECIALTY BAR \$3.50</p>	<p style="text-align: center;"><u>Tuesday, Wednesday, Thursday – Bamboo Asian Bar</u></p> <p style="text-align: center;"><u>Select One:</u> General Tso Chicken, Orange Chicken, Asian BBQ Chicken</p> <p style="text-align: center;"><u>Select One:</u> Our Own Made LoMein, Wheat Dinner Roll, Brown Rice</p> <p style="text-align: center;"><u>Select Two:</u> Oriental Blend Vegetables, Fresh Veggie Cup, Mandarin Oranges, Fresh Fruit</p> <p style="text-align: center;">Choice of low-fat or skim milk</p>
<p>DELUXE MEAL \$3.50</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>A LA CARTE SALADS \$2.00 SOUP - \$1.25</p>	<p style="text-align: center;">Caesar Salad or Tossed Salad New England Chowder</p>
<p>A LA CARTE Priced individually</p>	<p style="text-align: center;">Bagel with Cream Cheese, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>

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