



FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – **October 25 - 29, 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)	Chunky Vegetarian Chili 3 Mozzarella Sticks Wheat Dinner Roll Fruit Choice Milk	Tuna Melt with Tomato Slice On Wheat Roll Cosmic Fries Whole Fruit Icy Milk	Breaded Baked Chicken Mashed Potatoes Honey Glazed Baby Carrots Wheat Dinner Roll Fruit Choice/Milk	<u>Soup & Sandwich</u> School Made Minestrone Soup Toasted Cheese Fruit Choice Milk	Bosco Pizza Pineapple Cole Slaw Fruit Choice Milk

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

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Menu subject to change