

# FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – October 4 - 8, 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)	Baked Chicken Nuggets Brown Rice Fresh Steamed Greens Fresh Pear Milk	Chunky Vegetarian Chili 3 Mozzarella Sticks Wheat Dinner Roll Watermelon Milk	Whole Grain Pancakes Hot Apple Topping 2 Sausage Links 100% Orange Juice Milk	<u>Taco Bar</u> Soft or Hard Shell Beef, Lettuce, Tomato, Shredded Low Fat Cheese Brown Rice Fresh Apple/ Milk	Big Daddy Pizza Garden Salad Lite Dressing Fruit Choice Milk

## AVAILABLE MONDAY THROUGH FRIDAY

<b>DELI BAR</b> \$3.50	<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 &amp; 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>
<b>DELUXE MEAL</b> \$3.50	<p style="text-align: center;"><u>Monday &amp; 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>
<b>SPECIALTY BAR</b> \$3.50	<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>
<b>DELUXE MEAL</b> \$3.50	<p style="text-align: center;">Yogurt Parfait or Chef Salad</p> <p style="text-align: center;">Choice of low-fat or skim milk</p>
<b>A LA CARTE</b> SALADS \$2.00 SOUP - \$1.25	<p style="text-align: center;">Caesar Salad or Tossed Salad                      Tomato Florentine Soup</p>
<b>A LA CARTE</b> Priced individually	<p style="text-align: center;">Bagel with Cream Cheese, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>

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Menu subject to change