

# FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – April 1 – 5, 2013



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TRADITIONAL HOT LUNCH</b> <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate  \$2.50 (middle schools) \$2.55 (high schools)	1 WM Chicken Tenders Fresh Steamed Broccoli Sweet Potato Bites Vegetable Cup Choice Assorted Fruit Choice Milk	2 ★❖ Cheddar Quesadilla Tomato and Cucumber Salad Vegetable Cup Choice Assorted Fruit Choice Milk	3 ❖ Chicken Parmesan ❖ <i>Sauce</i> Fresh Spinach Salad ❖ <i>Garlic Mashed Potato</i> Vegetable Cup Choice Assorted Fruit Choice Milk	4 ❖ Beefy Tacos ❖ Corn and Black Beans Shredded cheese, lettuce, diced tomatoes Vegetable Cup Choice Assorted Fruit Choice Milk	5 ★❖ WG French Toast Sticks w/Syrup Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk

AVAILABLE MONDAY THROUGH FRIDAY	
<b>DELUXE MEAL</b>  <b>SANDWICH or SALAD BAR</b>  <b>CREATE YOUR OWN</b> \$3.85	<p align="center"><b><u>Select One for Deli Bar:</u></b>                      Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p align="center">OR</p> <p align="center"><b><u>Select One for Salad Bar:</u></b>                      Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p align="center"><b><u>Select One Protein – 2oz. (Deli Bar or Salad Bar):</u></b>                      Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p align="center"><b><u>Select From (Deli Bar or Salad Bar):</u></b>                      Romaine or Spinach                      Cabbage, Tomato Slices, Shredded Carrots, Onions, Cucumbers, Fresh Red and Green Pepper Strips, Broccoli Florets, Chickpeas, Cucumbers, Celery, Coleslaw, Potato Salad, Kidney Beans</p> <p align="center">Choice of fruit and veggie cup</p> <p align="center">Choice of 1% or skim white milk or fat-free chocolate milk</p>

<b>DELUXE MEAL</b>  <b>BUILD YOUR OWN</b> \$3.85	<p align="center"><b><u>Select One:</u></b>                      Tilapia w/WW Roll, Chicken Patty w/WW Roll, Hamburger w/WW Roll, Meatball Grinder, Pizza</p> <p align="center"><b><u>Select up to Four:</u></b>                      Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</p> <p align="center">Choice of 1% or skim white milk or fat-free chocolate milk</p>
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<b>DELUXE MEAL</b> <b>GRAB AND GO</b> \$3.85	<p align="center">Yogurt Parfait or Chef Salad</p> <p align="center">Choice of 1% or skim white milk or fat-free chocolate milk</p>
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<b>A LA CARTE</b> SALADS - \$2.25 8oz. SOUP - \$1.50	<p align="center">Caesar Salad or Tossed Salad</p> <p align="center">Soup of the Day</p>
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<b>A LA CARTE</b> Priced individually	<p align="center">Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>
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Menu subject to change ❖ = indicates meals cooked from scratch ★ = indicates vegetarian meals  
 Menu items in italics are recipes provided by Chef John Turrene