

# FAIRFIELD SECONDARY SCHOOLS

## LUNCH MENU - March 31 ~ April 1 - 4, 2014



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TRADITIONAL HOT LUNCH</b> <b>Also available daily:</b> Bagel/yogurt plate Cereal/yogurt plate  \$2.75 (middle schools) \$2.80 (high schools)	Cooks Choice <sup>3</sup> Vegetable Cup Choice Assorted Fruit Choice Milk	Oven Easy Chicken <sup>1</sup> Sweet Potato Gems ❖Garlicky Green Beans WW Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk	Meatballs in ❖Sauce on Grinder Roll <sup>2</sup> ❖Romaine Salad w/Lite Dressing Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	Sample Day <sup>3</sup> <b>Kiwi</b> ❖❖WW French Toast w/syrup Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk	★Cheese Pizza <sup>4</sup> ❖Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk
<b>April Fool's Day!</b>					
<b>DELUXE MEAL</b>  <b>DELI BAR</b>  <b>CREATE YOUR OWN</b> \$3.85	<p style="text-align: center;"><u>Select One</u></p> <p style="text-align: center;">Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p style="text-align: center;"><u>Select One Protein - 2oz</u></p> <p style="text-align: center;">Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p style="text-align: center;"><u>Select From</u></p> <p style="text-align: center;">Romaine or Spinach</p> <p style="text-align: center;">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 style="text-align: center;">Choice of fruit and veggie cup</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>DELUXE MEAL</b> \$3.85	<p style="text-align: center;"><u>Monday, Wednesday, Friday - Deluxe Meal</u></p> <p style="text-align: center;"><u>Select One</u></p> <p style="text-align: center;">Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla</p> <p style="text-align: center;"><u>Select Two</u></p> <p style="text-align: center;">Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>SPECIALTY BAR</b> \$3.85	<p style="text-align: center;"><u>Tuesday and Thursday - Cook's Choice</u></p> <p style="text-align: center;"><u>Select One</u></p> <p style="text-align: center;">Entree</p> <p style="text-align: center;"><u>Select Two</u></p> <p style="text-align: center;">Side Dishes</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>DELUXE MEAL GRAB AND GO</b> \$3.85	<p style="text-align: center;">Yogurt Parfait or Chef Salad</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>A LA CARTE SALADS - \$2.25</b> <b>8oz. SOUP - \$1.50</b>	<p style="text-align: center;">Caesar Salad or Tossed Salad</p> <p style="text-align: center;">Soup of the Day</p>				
<b>A LA CARTE</b> Priced individually	<p style="text-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