

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – April 21 - 25, 2014



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.75 (middle schools) \$2.80 (high schools)	21 Boneless Chicken Wings (like nuggets) Krinkle Sweet Fries Broccoli Cuts Vegetable Cup Choice Assorted Fruit Choice Milk	22 Nacho Scoops ❖ Seasoned Meat Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk 	23 ★ ❖ Macaroni & Cheese ❖ Glazed Carrots <i>Kiwi</i> Vegetable Cup Choice Assorted Fruit Choice Milk	24 Hot Dog on WW Roll ❖ Baked Beans Sweet Potato Gems Vegetable Cup Choice Assorted Fruit Choice Milk	25 ★ Big Daddy Pizza ❖ Garden Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk

DELUXE MEAL DELI BAR CREATE YOUR OWN \$3.85	<p style="text-align: center;"><u>Select One</u></p> Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps <p style="text-align: center;"><u>Select One Protein – 2oz</u></p> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese <p style="text-align: center;"><u>Select From</u></p> 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 Choice of fruit and veggie cup Choice of 1% or skim white milk or fat-free chocolate milk
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DELUXE MEAL \$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> Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla <p style="text-align: center;"><u>Select Two</u></p> Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk
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SPECIALTY BAR \$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> Entree <p style="text-align: center;"><u>Select Two</u></p> Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk
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DELUXE MEAL GRAB AND GO \$3.85	Yogurt Parfait or Chef Salad Choice of 1% or skim white milk or fat-free chocolate milk
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A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	Caesar Salad or Tossed Salad Soup of the Day
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A LA CARTE Priced individually	Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages
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Menu subject to change

❖ = indicates meals cooked from scratch

★ = indicates vegetarian meals