



# FAIRFIELD SECONDARY SCHOOLS

## LUNCH MENU – April 22 – 26, 2013



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TRADITIONAL HOT LUNCH</b> <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate  <b>\$2.50 (middle schools)</b> <b>\$2.55 (high schools)</b>	22 WG Boneless Chicken ❖ <i>Garlicky Green Beans</i> Sweet Potato Bites Vegetable Cup Choice Assorted Fruit Choice Milk 	23 ❖ <i>Beefy Nachos</i> ❖ Corn & Black Bean Salsa Vegetable Cup Choice Assorted Fruit Choice Milk	24 ★❖ Hearty Vegetable Soup ★❖ Grilled Cheese on WW Bread Vegetable Cup Choice Assorted Fruit Choice Milk	25 ❖ <i>Chicken Caesar Salad</i> ❖ <i>Ranch Dressing</i> WW Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk	26 ★❖ WG Cheese Pizza ❖ <i>Sauce</i> Romaine Salad Vegetable Cup Choice Assorted Fruit Choice Milk
<b>DELUXE MEAL</b>  <b>SANDWICH or SALAD BAR</b>  <b>CREATE YOUR OWN</b> <b>\$3.85</b> 	<div> <p><b>Select One for Deli Bar:</b>            Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p>OR</p> <p><b>Select One for Salad Bar:</b>            Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p><b>Select One Protein – 2oz. (Deli Bar or Salad Bar):</b>            Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p><b>Select From (Deli Bar or Salad Bar):</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>Choice of fruit and veggie cup</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p> </div>				
<b>DELUXE MEAL</b>  <b>BUILD YOUR OWN</b> <b>\$3.85</b>	<div> <p><b>Select One:</b>            Tilapia w/WW Roll, Chicken Patty w/WW Roll, Hamburger w/WW Roll, Meatball Grinder, Pizza</p> <p><b>Select up to Four:</b>            Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p> </div>				
<b>DELUXE MEAL GRAB AND GO</b> <b>\$3.85</b>	Yogurt Parfait or Chef Salad  Choice of 1% or skim white milk or fat-free chocolate milk				
<b>A LA CARTE SALADS - \$2.25</b> <b>8oz. SOUP - \$1.50</b>	Caesar Salad or Tossed Salad  Soup of the Day				
<b>A LA CARTE</b> <b>Priced individually</b>	Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages				

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Menu subject to change

❖ = indicates meals cooked from scratch

★ = indicates vegetarian meals

Menu items in italics are recipes provided by Chef John Turrene