

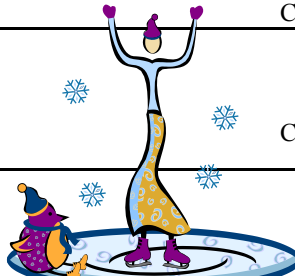
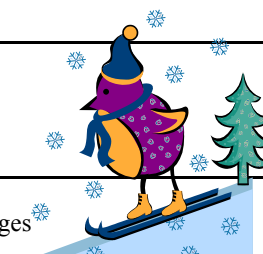


FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – December 17 – 21, 2012



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)	17 Chicken Parmesan WW Roll >Quinoa< Vegetable Cup Choice Assorted Fruit Choice Milk	18 Baked Potato w/ ❖ Chili & Cheese Fresh Broccoli Blueberry Muffin Vegetable Cup Choice Assorted Fruit Choice Milk	19 ❖❖ Minestrone Soup ❖❖ Grilled Cheese on WW Bread Vegetable Cup Choice Assorted Fruit Choice Milk	20 Spaghetti and Meatballs Vegetable Cup Choice Assorted Fruit Choice Milk	21 ❖ Honey Lemon Roasted Chicken ❖❖ Fat Fries WW Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk
DELUXE MEAL SANDWICH or SALAD BAR CREATE YOUR OWN \$3.85	 <p>Select One for Deli Bar: Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p>OR</p> <p>Select One for Salad Bar: Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p>Select One Protein – 2oz. (Deli Bar or Salad Bar): Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p>Select From (Deli Bar or Salad Bar): 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> 				
DELUXE MEAL BUILD YOUR OWN \$3.85	<p>Select One: Tilapia on WW Roll, Hamburger on WW Roll, Chicken on WW Roll, Pizza</p> <p>Select up to Four: 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>				
DELUXE MEAL GRAB AND GO \$3.85	 <p>Yogurt Parfait or Chef Salad</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	<p>Caesar Salad or Tossed Salad</p> <p>Soup of the Day</p> 				
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

