


FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – February 10 - 14, 2014

Happy Valentine's Day

	MONDAY ¹⁰	TUESDAY ¹¹	WEDNESDAY ¹²	THURSDAY ¹³	FRIDAY ¹⁴
TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.75 (middle schools) \$2.80 (high schools)	Hamburger on WW Roll <i>Swiss Cheese</i> ❖Spicy Fat Fries ❖Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk	Nacho Scoops ❖Seasoned Meat Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	★Pancakes w/syrup Chicken Sausage ❖Cinnamon Baked Apples Assorted Fruit Choice Milk	Chicken Tenders Brown Rice Broccoli Cuts Vegetable Cup Choice Assorted Fruit Choice Milk	
DELUXE MEAL DELI BAR CREATE YOUR OWN \$3.85	Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps <u>Select One Protein – 2oz</u> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese <u>Select From</u> 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				
DELUXE MEAL \$3.85	<u>Monday, Wednesday, Friday – Deluxe Meal</u> <u>Select One</u> Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla <u>Select Two</u> Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk				
SPECIALTY BAR \$3.85	<u>Tuesday and Thursday – Cook's Choice</u> <u>Select One</u> Entree <u>Select Two</u> Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk				
DELUXE MEAL GRAB AND GO \$3.85	Yogurt Parfait or Chef Salad Choice of 1% or skim white milk or fat-free chocolate milk				
A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	Caesar Salad or Tossed Salad Soup of the Day				
A LA CARTE Priced individually	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