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



Turkey Breast, Lower Sodium Ham, Deluxe Road Beef From Worken States Turkey Breast, Lower Sodium Assorted Wraps Section From State States Sodium Assorted Wraps Section From States States Sodium Assorted Wraps States Sodium Assorted Wraps States	LONCII ML		,	11, 2011			
HOTLUNCH Also available daily: Also available daily: Also available daily: Also available daily: Also (Free decorate) plate Cereal/yogurt plate Ce		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Abo available daily: Bagelyogurt plate Cercalyogurt plate Cercalyogurt plate St.75 (middle schools) S.2.80 (high schools) S.2.80 (hi	TRADITIONAL	-			_	14	
Sevent Cheese Sevent Chees	HOT LUNCH						
## Spincy Far Fries Cereal/yogut plate \$2.75 (middle schools) \$2.30 (high schools) \$2.30 (hi		Swiss Cheese	Corn Niblets	❖Cinnamon Baked	Broccoli Cuts		
DELUXE MEAL DELI BAR CREATE YOUR OWN SJ.85 DELUXE MEAL DELI BAR CREATE YOUR OWN SJ.85 Cabbage, Tomato Slices, Shredded Carrols, Onions, Cucumbers, Fresh Red and Green Pepper Strips, Broccoli Florets, Chickpeas, Cucumbers, Celery, Colsalw, Potato Salad, Kidney Beans Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday – Cook's Choice Spect Two Sidet Two Side Thosa Sidet Two Sidet Two Side Thosa Side Thosa Sidet Two Side Thosa Si	Bagel/yogurt plate	1 0					
S2.75 (middle schools) S2.80 (high schools) DELUXE MEAL DELI BAR CREATE YOUR OWN S3.85 Cabbage, Tomato Slices, Shredded Carrots, Onions, Cucumbers, Fresh Red and Green Pepper Strips, Broccoli Florets, Chickepas, Cucumbers, Celery, Coleslaw, Potato Salad, Kidney Beans Choice of 1% or skim white milk or fat-free chocolate milk DELUXE MEAL S3.85 DELUXE MEAL S3.85 DELUXE MEAL S3.85 DELUXE MEAL S3.85 Choice of 1% or skim white milk or fat-free chocolate milk DELUXE MEAL S3.85 Choice of 1% or skim white milk or fat-free chocolate milk DELUXE MEAL S3.85 Choice of 1% or skim white milk or fat-free chocolate milk DELUXE MEAL S3.85 Choice of 1% or skim white milk or fat-free chocolate milk DELUXE MEAL Salmon, Tilapia, Spicy Chicken Pathy, Pizza, Cheese Quesadilla Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk DELUXE MEAL Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday — Cook's Choice Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk DELUXE MEAL GRAB AND GO S3.85 A LA CARTE SALADS - \$2.25 Sav. SOUP - \$1.58 SAV. SOUP - \$1.58 SAV. SAV. SAV. SAV. SAV. SAV. SAV. SAV.	Cereal/yogurt plate						
DELUXE MEAL DELI BAR CREATE YOUR OWN \$3.85 Cashage, Tomato Slices, Shredded Carrots, Onions, Quambers, Fresh Red and Green Pepper Strips, Broccoli Floreis, Chickpeas, Cucumbers, Celery, Coleslaw, Potato Salad, Kidney Beans Choice of 1% or skim white milk or fat-free chocolate milk DELUXE MEAL \$3.85 DELUXE MEAL \$3.85 DELUXE MEAL \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday - Cook's Choice Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday - Cook's Choice Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday - Cook's Choice Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday - Cook's Choice Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday - Cook's Choice Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk ALA CARTE SALADS - \$2.25 SALADS - \$2.25 SALADS - \$2.25 SALADS - \$2.55 SALADS - \$2.55 SALADS - \$1.50 Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages		Assorted Fruit Choice					
DELI BAR CREATE YOUR OWN \$3.85 Cabage, Tomato Slices, Shredded Carrots, Onions, Cucumbers, Fresh Red and Green Pepper Strips, Broccoli Florets, Chickpeas, Cucumbers, Celery, Coleslaw, Potato Salad, Kidney Beans Choice of 1% or skim white milk or fat-free chocolate milk DELUXE MEAL \$3.85 DELUXE MEAL \$3.85 Special Two Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday — Cook's Choice Special Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk DELUXE MEAL \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday — Cook's Choice Special Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Yogurt Parfait or Chef Salad GRAB AND GO \$3.85 A LA CARTE SALADS - \$2.25 Soz. SOUP - \$1.50 Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages	\sim		\sim	\sim		\sim	
DELI BAR CREATE YOUR OWN \$3.85 Cabage, Tomato Slices, Shredded Carrots, Onions, Cucumbers, Fresh Red and Green Pepper Strips, Broccoli Florets, Chickpeas, Cucumbers, Celery, Coleslaw, Potato Salad, Kidney Beans Choice of 1% or skim white milk or fat-free chocolate milk Monday, Wednesday, Friday — Deluxe Meal Salect One Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday — Cook's Choice Spectatty BAR \$3.85 Spectatty BAR \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday — Cook's Choice Spectatty BAR \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday — Cook's Choice Choice of 1% or skim white milk or fat-free chocolate milk Yogurt Parfait or Chef Salad GRAB AND GO \$3.85 Caesar Salad or Tossed Salad Salad or Tossed Salad Salad or Tossed Salad Soup of the Day Sagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages	and C mount C mount C mount C man						
Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese Select From Romaine or Spinach Cabbage, Tomato Slices, Shredded Carrots, Onions, Coucumbers, Fresh Red and Green Pepper Strips, Broccoli Florets, Chickpeas, Cucumbers, Celery, Coleslaw, Potato Salad, Kidney Beans Choice of 1% or skim white milk or fat-free chocolate milk Monday, Wednesday, Friday — Deluxe Meal Select Two Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday. — Cook's Choice SPECIALTY BAR S3.85 Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday. — Cook's Choice Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Yogurt Parfait or Chef Salad GRAB AND GO S3.85 A LA CARTE SALADS - \$2.25 Sov. SOUP - \$1.50 Saled, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages	DELUXE MEAL						
CREATE YOUR OWN \$3.85 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 If ruit and veggie cup Choice of 1% or skim white milk or fat-free chocolate milk Monday, Wednesday, Friday — Deluxe Meal Select One Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla Select Tvo Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday — Cook's Choice Select One Entree Salas Sals Choice of 1% or skim white milk or fat-free chocolate milk Yogurt Parfait or Chef Salad GRAB AND GO \$3.85 A LA CARTE Salz Soup of the Day Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages	DELI BAR	Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad,					
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 I'w or skim white milk or fat-free chocolate milk Monday, Wednesday, Friday — Deluxe Meal Select One Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla Select Two Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of I'w or skim white milk or fat-free chocolate milk Tuesday and Thursday — Cook's Choice SPECIALTY BAR S3.85 Choice of I'w or skim white milk or fat-free chocolate milk Yogurt Parfait or Chef Salad GRAB AND GO S3.85 Choice of I'w or skim white milk or fat-free chocolate milk Yogurt Parfait or Chef Salad GRAB AND GO S3.85 A LA CARTE SALADS - \$2.25 Sov. SOUP - \$1.50 Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages	CREATE YOUR	==					
Cabbage, Tomato Slices, Shredded Carrots, Onions, Cucumbers, Fresh Red and Green Pepper Strips, Broccoli Florets, Chickpeas, Cucumbers, Celery, Coleslaw, Polato Salad, Kidney Beans Choice of 1% or skim white milk or fat-free chocolate milk Monday, Wednesday, Friday — Deluxe Meal Select One Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla Select Two Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday. — Cook's Choice Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Yogurt Parfait or Chef Salad GRAB AND GO \$3.85 A LA CARTE SALADS - \$2.25 Soc. SOUP - \$1.50 Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages							
Choice of fruit and veggie cup Choice of 1% or skim white milk or fat-free chocolate milk Monday, Wednesday, Friday – Deluxe Meal Select One S3.85 Select Two Select Two Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday – Cook's Choice SPECIALTY BAR S3.85 Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday – Cook's Choice Select One Entree Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Topic Truesday and Thursday – Cook's Choice Select One Entree Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Caesar Salad or Tossed Salad Choice of 1% or skim white milk or fat-free chocolate milk A LA CARTE Sou, Soup - S1.50 Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages		Cabbage, Tomato Slices, Shredded Carrots, Onions, Cucumbers, Fresh Red and Green Pepper Strips,					
Monday, Wednesday, Friday - Deluxe Meal DELUXE MEAL \$3.85 Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla Select Two Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday - Cook's Choice Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Yogurt Parfait or Chef Salad GRAB AND GO \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Caesar Salad or Tossed Salad Soup of the Day Sour Sour Poly Sulad Soup of the Day Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages							
DELUXE MEAL \$3.85 Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla Select Two Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday.—Cook's Choice SPECIALTY BAR \$3.85 Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Vogurt Parfait or Chef Salad GRAB AND GO \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Caesar Salad or Tossed Salad Salad Salad Soup of the Day Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages		Choice of 1% or skim white milk or fat-free chocolate milk					
DELUXE MEAL \$3.85 Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla Select Two Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday.—Cook's Choice SPECIALTY BAR \$3.85 Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Vogurt Parfait or Chef Salad GRAB AND GO \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Caesar Salad or Tossed Salad Salad Salad Soup of the Day Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages		Monday, Wednesday, Friday – Deluxe Meal					
Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla Select Two Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday — Cook's Choice SPECIALTY BAR \$3.85 Select Two Entree Scheet Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Yogurt Parfait or Chef Salad GRAB AND GO \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Choice of 1% or skim white milk or fat-free chocolate milk Salad Or Tossed Salad Soup of the Day Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages		Product of the Control of the Contro					
Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday — Cook's Choice SPECIALTY BAR \$3.85 Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Vogurt Parfait or Chef Salad GRAB AND GO \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk A LA CARTE SALADS - \$2.25 80z. SOUP - \$1.50 Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages							
SPECIALTY BAR \$3.85 Select One Entree Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Vogurt Parfait or Chef Salad GRAB AND GO S3.85 Choice of 1% or skim white milk or fat-free chocolate milk Choice of 1% or skim white milk or fat-free chocolate milk Salad Choice of 1% or skim white milk or fat-free chocolate milk A LA CARTE SALADS - \$2.25 80z. SOUP - \$1.50 Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages	9 9						
SPECIALTY BAR \$3.85 Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Vogurt Parfait or Chef Salad GRAB AND GO \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Choice of 1% or skim white milk or fat-free chocolate milk Caesar Salad or Tossed Salad SALADS - \$2.25 Soz. SOUP - \$1,50 A LA CARTE Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages							
BAR \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Vogurt Parfait or Chef Salad GRAB AND GO \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Caesar Salad or Tossed Salad SALADS - \$2.25 80z. SOUP - \$1.50 A LA CARTE Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages			<u>Tuesday</u>	and Thursday – Cook	's Choice		
Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Yogurt Parfait or Chef Salad GRAB AND GO S3.85 Choice of 1% or skim white milk or fat-free chocolate milk Choice of 1% or skim white milk or fat-free chocolate milk S3.85 Caesar Salad or Tossed Salad Soup of the Day Soup of the Day Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages							
Choice of 1% or skim white milk or fat-free chocolate milk Yogurt Parfait or Chef Salad Choice of 1% or skim white milk or fat-free chocolate milk Choice of 1% or skim white milk or fat-free chocolate milk S3.85 Caesar Salad or Tossed Salad SALADS - \$2.25 SOUP - \$1.50 A LA CARTE Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages		Entice					
Choice of 1% or skim white milk or fat-free chocolate milk Yogurt Parfait or Chef Salad Choice of 1% or skim white milk or fat-free chocolate milk \$3.85 A LA CARTE SALADS - \$2.25 80z. SOUP - \$1.50 A LA CARTE Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages	\$3.85	Select Two					
DELUXE MEAL GRAB AND GO \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Caesar Salad or Tossed Salad Soup of the Day 80z. SOUP - \$1,50 A LA CARTE Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages		90 00		Side Dishes			
DELUXE MEAL GRAB AND GO \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Caesar Salad or Tossed Salad Soup of the Day 80z. SOUP - \$1,50 A LA CARTE Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages	Y 0						
Choice of 1% or skim white milk or fat-free chocolate milk S3.85 Caesar Salad or Tossed Salad SALADS - \$2.25 SOUP - \$1.50 A LA CARTE Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages	4	9 00	Choice of 1% or s	skim white milk or fat-fi	ree chocolate milk		
GRAB AND GO \$3.85 Choice of 1% or skim white milk or fat-free chocolate milk Caesar Salad or Tossed Salad SALADS - \$2.25 Soup of the Day Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages	DELUXE MEAL	YOgurt Parfait or Chef Salad					
SALADS - \$2.25 80z. SOUP - \$1.50 A LA CARTE Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages	GRAB AND GO	Choice of 1% or skim white milk or fat-free chocolate milk					
SALADS - \$2.25 80z. SOUP - \$1,50 A LA CARTE Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages	A I A CADTE	Caesar Salad or Tossed Salad					
A LA CARTE Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages	SALADS - \$2.25	Soup of the Day					
			Dagal Vaguet String	Chaga Caraal Spaals	Ing Croom Dayaracas		
			Dager, 1 ogurt, String (Cheese, Celeal, Shacks,	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.