

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – February 18 – 22, 2013



	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)		Boneless Chicken Wings ★❖Vegetable Rice Vegetable Cup Choice Assorted Fruit Choice Milk	Meatballs in our own ❖ ❖Sauce on WW Grinder Roll Spinach Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	★❖Tuscan Vegetable Soup Turkey Breast on WW Bread Vegetable Cup Choice Assorted Fruit Choice Milk	★❖Cheese Pizza Steamed Squash Vegetable Cup Choice Assorted Fruit Choice Milk

AVAILABLE MONDAY THROUGH THURSDAY

DELUXE MEAL SANDWICH or SALAD BAR CREATE YOUR OWN \$3.85 	<p align="center">Select One for Deli Bar: Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p align="center">OR</p> <p align="center">Select One for Salad Bar: Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p align="center">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 align="center">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 align="center">Choice of fruit and veggie cup</p> <p align="center">Choice of 1% or skim white milk or fat-free chocolate milk</p>
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DELUXE MEAL BUILD YOUR OWN \$3.85	<p align="center">Hot Wrap Bar - Select One: Strawberry Fields Wrap (Chicken Strips, Baby Spinach, Strawberries and Shredded Cheese) Santa Fe Wrap (Chicken Strips, Peppers, Onions, Corn and Black Beans), Southwestern Wrap (Chicken Strips, Onions, Romaine/Baby Spinach Mix, Shredded Cheese), Beef Ranch Wrap (Beef, Romaine/Baby Spinach Mix, Croutons, Parmesan Cheese and Ranch Dressing) or Ocean Wrap (Fish filet, Baby Spinach, Shredded Carrots, Ranch Dressing)</p> <p align="center">Select up to Four: Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</p> <p align="center">Choice of 1% or skim white milk or fat-free chocolate milk</p>
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DELUXE MEAL GRAB AND GO \$3.85	<p align="center">Yogurt Parfait or Chef Salad</p> <p align="center">Choice of 1% or skim white milk or fat-free chocolate milk</p>
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A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	<p align="center">Caesar Salad or Tossed Salad</p> <p align="center">Soup of the Day</p>
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A LA CARTE Priced individually	<p align="center">Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>
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Menu subject to change

❖ = indicates meals cooked from scratch

★ = indicates vegetarian meals