

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – February 3 - February 7, 2014



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.75 (middle schools) \$2.80 (high schools)	3 Hot Dog on WW Roll Sweet Potato Fries ❖ Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk	4 Sample Day <i>Swiss Cheese</i> Italian Dunkers WW Garlic Breadstick ❖ Hearty Meat Sauce Romano Veggies Vegetable Cup Choice Assorted Fruit Choice Milk	5 ★❖ Macaroni & Cheese ❖ Garlicky Green Beans Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	6 ★❖ WW French Toast w/syrup Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk	7 ★ Big Daddy Pizza ❖ Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk 
DELUXE MEAL DELI BAR CREATE YOUR OWN \$3.85		Select One Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps Select One Protein – 2oz 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, 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		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			
SPECIALTY BAR \$3.85		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			
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			

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Menu subject to change

❖ = indicates meals cooked from scratch

★ = indicates vegetarian meals