

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – February 4 – 8, 2013

	MONDAY ⁴	TUESDAY ⁵	WEDNESDAY ⁶	THURSDAY ⁷	FRIDAY ⁸
TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)	❖ Three Cheese Lasagna Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	❖ Baked Chicken in Fruit Sauce ❖ Garlic Mashed Potatoes Vegetable Cup Choice Assorted Fruit Choice Milk	➤ <u>Sample Day</u> ◀ Grapefruit ❖ Chicken Soup ★ ❖ Toasted Cheese on WG Bread Vegetable Cup Choice Assorted Fruit Choice Milk	★ ❖ Cheddar Quesadilla w/salsa Glazed Carrots w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	❖ Tangy Taco w/Lettuce & Tomato Brown Rice Golden Corn Vegetable Cup Choice Assorted Fruit Choice Milk

DELUXE MEAL SANDWICH or SALAD BAR CREATE YOUR OWN \$3.85	<p style="text-align: center;"><u>Select One for Deli Bar:</u> Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><u>Select One for Salad Bar:</u> Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p style="text-align: center;"><u>Select One Protein – 2oz. (Deli Bar or Salad Bar):</u> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p style="text-align: center;"><u>Select From (Deli Bar or Salad Bar):</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</p> <p style="text-align: center;">Choice of fruit and veggie cup</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>
---	--

DELUXE MEAL BUILD YOUR OWN \$3.85	<p style="text-align: center;"><u>Hot Wrap Bar - Select One:</u> 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 file, Baby Spinach, Shredded Carrots, Ranch Dressing)</p> <p style="text-align: center;"><u>Select up to Four:</u> Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>
--	--

DELUXE MEAL GRAB AND GO \$3.85	<p style="text-align: center;">Yogurt Parfait or Chef Salad</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>
---	---

A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	<p style="text-align: center;">Caesar Salad or Tossed Salad</p> <p style="text-align: center;">Soup of the Day</p>
--	--

A LA CARTE Priced individually	<p style="text-align: center;">Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>
---	---

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