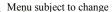
FIELD SECONDARY SCHOOLS LUNCH MENU - January 1 - 4, 2013



TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)	Breaded Baked Chicken Sweet Potato Wedges Garlicky Green Beans Vegetable Cup Choice Assorted Fruit Choice Milk Assorted Fruit Choice Milk
DELUXE MEAL	Select One for Deli Bar: Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps
SANDWICH or SALAD BAR	OR <u>Select One for Salad Bar:</u> Whole Wheat Roll, Pasta Salad, Brown Rice Salad
CREATE YOUR OWN \$3.85	<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
	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
	Choice of fruit and veggie cup Choice of 1% or skim white milk or fat-free chocolate milk
DELUXE MEAL BUILD YOUR OWN \$3.85	Select One: Tilapia w/WW Roll, Meatball Grinder, WM Chicken Tenders, Pizza Select up to Four: Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits 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 80z. 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.





 \star = indicates vegetarian meals

