

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – January 1 - 4, 2013



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)			2 Breaded Baked Chicken Sweet Potato Wedges ♦Garlicky Green Beans Vegetable Cup Choice Assorted Fruit Choice Milk	3 ★Cheese Quesadilla Spinach Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	4 Calzone w/ ♦Tomato Sauce Freshly Steamed Squash Vegetable Cup Choice Assorted Fruit Choice Milk
AVAILABLE MONDAY THROUGH FRIDAY					
DELUXE MEAL SANDWICH or SALAD BAR CREATE YOUR OWN \$3.85 	Select One for Deli Bar: Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps OR Select One for Salad Bar: Whole Wheat Roll, Pasta Salad, Brown Rice Salad 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 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 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