

# FAIRFIELD SECONDARY SCHOOLS

## LUNCH MENU - January 21 - 25, 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TRADITIONAL HOT LUNCH</b> <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate  <b>\$2.50 (middle schools)</b> <b>\$2.55 (high schools)</b>	21 <i>Martin Luther King, Jr. Day</i>  	22 ❖ Roasted Chicken Strips ❖ Lo Mein Oriental Vegetables Vegetable Cup Choice Assorted Fruit Choice Milk 	23 ★❖ Minestrone Soup ★❖ Toasted Cheese on WW Bread ➤ <i>Clementine</i> ◀ Vegetable Cup Choice Assorted Fruit Choice Milk 	24 ★❖ WG French Toast Sticks w/Syrup Chicken Sausage Hot Apple Slices Vegetable Cup Choice Assorted Fruit Choice Milk 	25 ★ <i>Baked Ziti</i> ❖ Tomato Sauce w/ Mozzarella Garlic Bread Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk 
<b>DELUXE MEAL</b>  <b>SANDWICH or SALAD BAR</b>  <b>CREATE YOUR OWN</b> <b>\$3.85</b>   	<p style="text-align: center;"><b><u>Select One for Deli Bar:</u></b>            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;"><b><u>Select One for Salad Bar:</u></b>            Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p style="text-align: center;"><b><u>Select One Protein – 2oz. (Deli Bar or Salad Bar):</u></b>            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;"><b><u>Select From (Deli Bar or Salad Bar):</u></b>            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>				
<b>DELUXE MEAL BUILD YOUR OWN</b> <b>\$3.85</b>	<p style="text-align: center;"><b><u>Select One:</u></b>            Tilapia w/WW Roll, Meatball Grinder, WM Chicken Tenders, Pizza</p> <p style="text-align: center;"><b><u>Select up to Four:</u></b>            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>				
<b>DELUXE MEAL GRAB AND GO</b> <b>\$3.85</b>	<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>				
<b>A LA CARTE SALADS - \$2.25</b> <b>8oz. SOUP - \$1.50</b>	<p style="text-align: center;">Caesar Salad or Tossed Salad</p> <p style="text-align: center;">Soup of the Day</p>				
<b>A LA CARTE Priced individually</b>	<p style="text-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