

# FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – November 19 – 23, 2012



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TRADITIONAL HOT LUNCH</b> <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate  \$2.50 (middle schools) \$2.55 (high schools)	19 ❖ Italian Dunkers > <b>Kale Chips</b> < Vegetable Cup Choice Assorted Fruit Choice Milk	20 *❖ WG Cheese Pizza Fresh Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	21 	22 	23 
<b>DELI BAR</b> \$3.85  	<p style="text-align: center;"><b>Select One:</b>                      Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepperjack or American Cheese</p> <p style="text-align: center;"><b>Select From:</b>                      Romaine or Spinach, Tomato, Coleslaw, Shredded Carrots, Onions, Cucumbers, Fresh Pepper Strips, Marinated Chickpeas, Potato Salad</p> <p style="text-align: center;"><b>Served on your choice of:</b>                      Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p style="text-align: center;">Choice of fruit and veggie cup.                      Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>SALAD BAR</b> \$3.85  	<p style="text-align: center;"><b>Select From:</b>                      Romaine Lettuce, Spinach, Cabbage, Iceberg Lettuce</p> <p style="text-align: center;"><b>Top With:</b>                      Broccoli Florets, Tomato Wedges, Shredded Carrots, Red Peppers, Chickpeas, Kidney Beans, Cucumbers, Green Beans, Squash, Radishes, Green Peppers, Onions, Olives, Cauliflower, Celery</p> <p style="text-align: center;"><b>Choice of Protein – 2oz.:</b>                      Turkey Breast, Ham, Tuna, American Cheese (red fat/sodium)</p> <p style="text-align: center;"><b>Choice of:</b>                      Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p style="text-align: center;">Served with your choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>DELUXE MEAL</b> \$3.85  	<p style="text-align: center;">Yogurt Parfait or Chef Salad</p> <p style="text-align: center;">Choice of low-fat or skim 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                      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>				

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

