



# FAIRFIELD SECONDARY SCHOOLS

## LUNCH MENU – November 26 – 30, 2012



	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>	26 Chicken Patty on WW Roll Smiley Potatoes Vegetable Cup Choice Assorted Fruit Choice Milk	27 ★ Fish Nuggets with Sweet Potato Breading Green Beans WG Animal Crackers Vegetable Cup Choice Icy Juicy Milk	28 ❖ Beef Burrito on WG Tortilla Vegetable Cup Choice Assorted Fruit Choice Milk	29 ❖ Baked Potato w/ Chili, Cheese Fresh Broccoli Blueberry Muffin Vegetable Cup Choice Assorted Fruit Choice Milk	30 ❖ Honey Lemon Chicken Roasted Potatoes WW Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk
<b>DELI BAR</b> \$3.85  	<p><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><b>Select From:</b>            Romaine or Spinach, Tomato, Coleslaw, Shredded Carrots, Onions, Cucumbers, Fresh Pepper Strips, Marinated Chickpeas, Potato Salad</p> <p><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>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><b>Select From:</b>            Romaine Lettuce, Spinach, Cabbage, Iceberg Lettuce</p> <p><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><b>Choice of Protein – 2oz.:</b>            Turkey Breast, Ham, Tuna, American Cheese (red fat/sodium)</p> <p><b>Choice of:</b>            Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p>Served with your choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>DELUXE MEAL</b> \$3.85	 <p>Yogurt Parfait or Chef Salad            Choice of low-fat or skim milk</p>				
<b>A LA CARTE SALADS - \$2.25</b> <b>8oz. SOUP - \$1.50</b>	Caesar Salad or Tossed Salad Soup of the Day				
<b>A LA CARTE Priced individually</b>	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

