





FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – November 5 – 9, 2012

	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)	5 Meatballs in our own Sauce WG Grinder Roll Vegetable Cup Choice Assorted Fruit Choice Milk	6 	7 <u>Sample Day</u> >Kale Chips< ❖ Roasted Chicken Strips Brown Rice Vegetable Cup Choice Assorted Fruit Choice Milk	8 *❖ Cheddar Quesadilla w/ Broccoli Pesto (no nuts) and Tomato Vegetable Cup Choice Assorted Fruit Choice Milk	9 *❖ WG Cheese Pizza or ❖ WG BBQ Chicken Pizza Fresh Steamed Squash Vegetable Cup Choice Assorted Fruit Choice Milk

DELI BAR \$3.85 	<p align="center">Select One:</p> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepperjack or American Cheese <p align="center">Select From:</p> Romaine or Spinach , Tomato, Coleslaw, Shredded Carrots, Onions, Cucumbers, Fresh Pepper Strips, Marinated Chickpeas, Potato Salad <p align="center">Served on your choice of:</p> Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps Choice of fruit and veggie cup. Choice of 1% or skim white milk or fat-free chocolate milk 
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SALAD BAR \$3.85 	<p align="center">Select From:</p> Romaine Lettuce, Spinach, Cabbage, Iceberg Lettuce <p align="center">Top With:</p> Broccoli Florets, Tomato Wedges, Shredded Carrots, Red Peppers, Chickpeas, Kidney Beans, Cucumbers, Green Beans, Squash, Radishes, Green Peppers, Onions, Olives, Cauliflower, Celery <p align="center">Choice of Protein – 2oz.:</p> Turkey Breast, Ham, Tuna, American Cheese (red fat/sodium) <p align="center">Choice of:</p> Whole Wheat Roll Pasta Salad Brown Rice Salad Served with your choice of 1% or skim white milk or fat-free chocolate milk
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DELUXE MEAL \$3.85	Yogurt Parfait or Chef Salad Choice of low-fat or skim milk
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A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	Caesar Salad or Tossed Salad Soup of the Day
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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