

# FAIRFIELD SECONDARY SCHOOLS

## LUNCH MENU – October 1 – 5, 2012



|   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|--|---|
| <b>TRADITIONAL HOT LUNCH</b><br><u>Also available daily:</u><br>Bagel/yogurt plate<br>Cereal/yogurt plate<br><br>\$2.50 (middle schools)<br>\$2.55 (high schools) | Chicken Tenders<br>❖ Kale & Quinoa Medley<br>Vegetable Cup Choice<br>Assorted Fruit Choice<br>Milk   | Super Awesome<br>❖ Beef Chili Wrap Smiley Fries<br>Vegetable Cup Choice<br>Assorted Fruit Choice<br>Milk | ❖ Stir Fry Chicken Fajita<br>With Squash and Corn<br>Brown Rice<br>Vegetable Cup Choice<br>Assorted Fruit Choice<br>Milk | ❖ Mini Lasagna Bites<br>Spinach Salad with Grape Tomatoes<br>Vegetable Cup Choice<br>Assorted Fruit Choice<br>Milk | ★❖ Tuscan Vegetable Stew<br>Turkey Breast on Whole Wheat Bread<br>Vegetable Cup Choice<br>Assorted Fruit Choice<br>Milk |
| <b>DELI BAR</b><br>\$3.85<br><br>  | <p style="text-align: center;"><b>Select One:</b><br/>                     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><br/>                     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><br/>                     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.<br/>                     Choice of 1% or skim white milk or fat-free chocolate milk</p> |  |  |  |   |
| <b>SALAD BAR</b><br>\$3.85<br><br>   | <p style="text-align: center;"><b>Select From:</b><br/>                     Romaine Lettuce, Spinach, Cabbage, Iceberg Lettuce</p> <p style="text-align: center;"><b>Top With:</b><br/>                     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><br/>                     Turkey Breast, Ham, Tuna, American Cheese (red fat/sodium)</p> <p style="text-align: center;"><b>Choice of:</b><br/>                     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><br>\$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><br><b>8oz. SOUP - \$1.50</b>  | <p style="text-align: center;">Caesar Salad or Tossed Salad<br/>                     Soup of the Day</p>   |  |  |  |   |
| <b>A LA CARTE</b><br><b>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

