

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU - October 15 -19, 2012



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate</p> <p>\$2.50 (middle schools) \$2.55 (high schools)</p>	<p>Chicken Patty on WW Roll Smiley Potatoes Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>★Fish Nuggets with Sweet Potato Breading Green Beans WG Animal Crackers Vegetable Cup Choice 100% Juice Pop Milk</p>	<p>❖Beef Burrito on WG Tortilla Vegetable Cup Choice Assorted Fruit Choice Milk</p> 	<p>❖Penne Primavera With Chicken Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>★WG French Bread Pizza Edamame Taster Vegetable Cup Choice Assorted Fruit Choice Milk</p>
<p>DELI BAR \$3.85</p> 	<p>Select One: Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepperjack or American Cheese</p> <p>Select From: Romaine or Spinach, Tomato, Coleslaw, Shredded Carrots, Onions, Cucumbers, Fresh Pepper Strips, Marinated Chickpeas, Potato Salad</p> <p>Served on your choice of: 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> 				
<p>SALAD BAR \$3.85</p> 	<p>Select From: Romaine Lettuce, Spinach, Cabbage, Iceberg Lettuce</p> <p>Top With: Broccoli Florets, Tomato Wedges, Shredded Carrots, Red Peppers, Chickpeas, Kidney Beans, Cucumbers, Green Beans, Squash, Radishes, Green Peppers, Onions, Olives, Cauliflower, Celery</p> <p>Choice of Protein – 2oz.: Turkey Breast, Ham, Tuna, American Cheese (red fat/sodium)</p> <p>Choice of: 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> 				
<p>DELUXE MEAL \$3.85</p>	<p>Yogurt Parfait or Chef Salad</p> <p>Choice of low-fat or skim milk</p> 				
<p>A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50</p>	<p>Caesar Salad or Tossed Salad Soup of the Day</p> 				
<p>A LA CARTE Priced individually</p>	<p>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

