

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – October 22 –26, 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)	Hamburger on WW Roll Baked Beans Vegetable Cup Choice Assorted Fruit Choice Pumpkin Dip With Apple Slices Milk 	Grilled Chicken on WW Roll Corn on the Cob Vegetable Cup Choice Assorted Fruit Choice Milk 	❖❖Thick Vegetable Soup ★Grilled Cheese on Whole Wheat Vegetable Cup Choice Assorted Fruit Choice Milk 	❖½ Baked Potato With Chili, Cheese Fresh Broccoli Blueberry Muffin Vegetable Cup Choice Assorted Fruit Choice Milk 	❖Honey Lemon Chicken Roasted Potatoes WW Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk 
DELI BAR \$3.85 	<p style="text-align: center;"><u>Select One:</u> 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;"><u>Select From:</u> Romaine or Spinach, Tomato, Coleslaw, Shredded Carrots, Onions, Cucumbers, Fresh Pepper Strips, Marinated Chickpeas, Potato Salad</p> <p style="text-align: center;"><u>Served on your choice of:</u> 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> 				
SALAD BAR \$3.85 	<p style="text-align: center;"><u>Select From:</u> Romaine Lettuce, Spinach, Cabbage, Iceberg Lettuce</p> <p style="text-align: center;"><u>Top With:</u> 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;"><u>Choice of Protein – 2oz.:</u> Turkey Breast, Ham, Tuna, American Cheese (red fat/sodium)</p> <p style="text-align: center;"><u>Choice of:</u> 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>				
DELUXE MEAL \$3.85	 <p style="text-align: center;">Yogurt Parfait or Chef Salad Choice of low-fat or skim milk</p>				
A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	<p style="text-align: center;">Caesar Salad or Tossed Salad Soup of the Day</p>				
A LA CARTE Priced individually	<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

