



FAIRFIELD SECONDARY SCHOOLS LUNCH MENU - October 29 - 31, 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)	❖ American Chop Suey Steamed Peas Vegetable Cup Choice Assorted Fruit Choice Milk	❖ French Toast Sticks Chicken Sausage Hot Apple Slices Vegetable Cup Choice Assorted Fruit Choice Milk	Chicken Parmesan Spaghetti w/sauce Spinach Salad Vegetable Cup Choice Assorted Fruit Choice Milk 		
DELI BAR \$3.85 	<p style="text-align: center;">Select One: 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;">Select From: Romaine or Spinach, Tomato, Coleslaw, Shredded Carrots, Onions, Cucumbers, Fresh Pepper Strips, Marinated Chickpeas, Potato Salad</p> <p style="text-align: center;">Served on your choice of: 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;">Select From: Romaine Lettuce, Spinach, Cabbage, Iceberg Lettuce</p> <p style="text-align: center;">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 style="text-align: center;">Choice of Protein – 2oz.: Turkey Breast, Ham, Tuna, American Cheese (red fat/sodium)</p> <p style="text-align: center;">Choice of: 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</p> <p style="text-align: center;">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

