

# FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – October 8 -12, 2012



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TRADITIONAL HOT LUNCH</b> <b>Also available daily:</b> Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)	<u>Sample Day</u> Pumpkin Dip With Apple Slices  ❖ Italian Dunkers Vegetable Cup Choice Assorted Fruit Choice Milk	❖ BBQ Chicken Whole Wheat Roll Whole Kernel Corn Vegetable Cup Choice Assorted Fruit Choice Milk	❖ Beef Taco on WG Tortilla With Lettuce & Tomato Vegetable Cup Choice Assorted Fruit Choice Milk	★ ❖ WG Cheese Pizza Fresh Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	<u>Rice Bowl</u> ❖ Sweet & Sour Chicken Brown Rice with Veggies Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk
<b>DELI BAR</b> \$3.85  	<p align="center"><b>Select One:</b>                      Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad,                      Chicken Salad, Provolone, Pepperjack or American Cheese</p> <p align="center"><b>Select From:</b>                      Romaine or Spinach, Tomato, Coleslaw, Shredded Carrots, Onions, Cucumbers,                      Fresh Pepper Strips, Marinated Chickpeas, Potato Salad</p> <p align="center"><b>Served on your choice of:</b>                      Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye,                      Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p align="center">Choice of fruit and veggie cup.                      Choice of 1% or skim white milk or fat-free chocolate milk</p> 				
<b>SALAD BAR</b> \$3.85  	 <p align="center"><b>Select From:</b>                      Romaine Lettuce, Spinach, Cabbage, Iceberg Lettuce</p> <p align="center"><b>Top With:</b>                      Broccoli Florets, Tomato Wedges, Shredded Carrots, Red Peppers, Chickpeas, Kidney Beans, Cucumbers,                      Green Beans, Squash, Radishes, Green Peppers, Onions, Olives, Cauliflower, Celery</p> <p align="center"><b>Choice of Protein – 2oz.:</b>                      Turkey Breast, Ham, Tuna, American Cheese (red fat/sodium)</p> <p align="center"><b>Choice of:</b>                      Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p align="center">Served with your choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>DELUXE MEAL</b> \$3.85	 <p align="center">Yogurt Parfait or Chef Salad</p> <p align="center">Choice of low-fat or skim milk</p>				
<b>A LA CARTE SALADS - \$2.25</b> <b>8oz. SOUP - \$1.50</b>	<p align="center">Caesar Salad or Tossed Salad</p> <p align="center">Soup of the Day</p> 				
<b>A LA CARTE Priced individually</b>	<p 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