

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – August 29 & 30, 2013



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.75 (middle schools) \$2.80 (high schools)				29	30
				★WG Cheese Pizza Fresh Steamed Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	★❖WG French Toast Chicken Sausage Hot Apple Slices Vegetable Cup Choice Assorted Fruit Choice Milk
AVAILABLE MONDAY THROUGH FRIDAY					
DELUXE MEAL DELI BAR CREATE YOUR OWN \$3.85		<p style="text-align: center;"><u>Select One</u></p> Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps			
		<p style="text-align: center;"><u>Select One Protein – 2oz</u></p> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese			
		<p style="text-align: center;"><u>Select From</u></p> Romaine or Spinach Cabbage, Tomato Slices, Shredded Carrots, Onions, Cucumbers, Fresh Red and Green Pepper Strips, Broccoli Florets, Chickpeas, Cucumbers, Celery, Coleslaw, Potato Salad, Kidney Beans			
		Choice of fruit and veggie cup Choice of 1% or skim white milk or fat-free chocolate milk			
DELUXE MEAL \$3.85		<u>Monday, Wednesday, Friday – Deluxe Meal</u>			
		<p style="text-align: center;"><u>Select One</u></p> Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cook's Choice			
		<p style="text-align: center;"><u>Select Two</u></p> Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk			
SPECIALTY BAR \$3.85		<u>Tuesday and Thursday – Hot Deli Bar</u>			
		<p style="text-align: center;"><u>Select One</u></p> Meatball Grinder, Turkey with Gravy on Roll, Roast Beef with Gravy on Roll, Chicken Parmesan on Roll			
		<p style="text-align: center;"><u>Select One</u></p> Tomato Soup or Vegetable Soup			
		<p style="text-align: center;"><u>Select Two</u></p> Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk			
DELUXE MEAL GRAB AND GO \$3.85		Yogurt Parfait or Chef Salad			
		Choice of 1% or skim white milk or fat-free chocolate milk			
A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50		Caesar Salad or Tossed Salad Soup of the Day			
A LA CARTE Priced individually		Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages			

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