

# FAIRFIELD SECONDARY SCHOOLS

## LUNCH MENU – December 16 - December 20, 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TRADITIONAL HOT LUNCH</b> <b>Also available daily:</b> Bagel/yogurt plate Cereal/yogurt plate  \$2.75 (middle schools) \$2.80 (high schools)	16 WM Chicken Tenders Oven Fries ❖ Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	17 Italian Dunkers WW Garlic Breadstick ❖ Hearty Meat Sauce Romano Veggies Vegetable Cup Choice Assorted Fruit Choice Milk	18 ★WG Belgian Waffles w/syrup Chicken Sausage Patties Oatmeal Vegetable Cup Choice Assorted Fruit Choice Milk	19 Mozzarella Sticks ★❖ Tomato Sauce Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	20 Hot Dog on Roll Sweet Potato Fries ❖ Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk
<b>DELUXE MEAL</b>  <b>DELI BAR</b>  <b>CREATE YOUR OWN</b> \$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				
<b>DELUXE MEAL</b> \$3.85	<p style="text-align: center;"><u>Monday, Wednesday, Friday – Deluxe Meal</u></p> <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				
<b>SPECIALTY BAR</b> \$3.85	<p style="text-align: center;"><u>Tuesday and Thursday – South of the Border Bar</u></p> <p style="text-align: center;"><u>Select One</u></p> Cheese Quesadilla, Soft or Hard Taco, Chili with Scoops  <p style="text-align: center;"><u>Toppings</u></p> Lettuce, Tomato, Cheese, Salsa  <p style="text-align: center;"><u>Select Two</u></p> Brown Rice, Mexicali Vegetables, Fresh Veggie Cup, Fresh Steamed Veggies, Tossed Salad, Fruit Choice  Choice of 1% or skim white milk or fat-free chocolate milk				
<b>DELUXE MEAL GRAB AND GO</b> \$3.85	Yogurt Parfait or Chef Salad  Choice of 1% or skim white milk or fat-free chocolate milk				
<b>A LA CARTE SALADS - \$2.25</b> <b>8oz. SOUP - \$1.50</b>	Caesar Salad or Tossed Salad  Soup of the Day				
<b>A LA CARTE</b> Priced individually	Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages				