






FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – December 2 - December 6, 2013



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.75 (middle schools) \$2.80 (high schools)	2 WM Boneless Chicken Wings (like nuggets) ❖ Glazed Carrots Brown Rice Vegetable Cup Choice Assorted Fruit Choice Milk	3 <u>Sample Day</u> Oatmeal ★ Pancakes w/syrup Chicken Sausage ❖ Cinnamon Baked Apples Assorted Fruit Choice Milk	4 Nacho Scoops ❖ Seasoned Meat Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	5 ★ Cheese Quesadilla Mexican Veggies Vegetable Cup Choice Assorted Fruit Choice Milk	6 ★ Big Daddy Pizza ❖ Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk
DELUXE MEAL DELI BAR CREATE YOUR OWN \$3.85	     <p style="text-align: center;">Select One Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p style="text-align: center;">Select One Protein – 2oz Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p style="text-align: center;">Select From Romaine or Spinach</p> <p>Cabbage, Tomato Slices, Shredded Carrots, Onions, Cucumbers, Fresh Red and Green Pepper Strips, Broccoli Florets, Chickpeas, Cucumbers, Celery, Coleslaw, Potato Salad, Kidney Beans</p> <p style="text-align: center;">Choice of fruit and veggie cup</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
DELUXE MEAL \$3.85	<p style="text-align: center;"><u>Monday, Wednesday, Friday – Deluxe Meal</u></p> <p style="text-align: center;">Select One Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cook's Choice</p> <p style="text-align: center;">Select Two Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
SPECIALTY BAR \$3.85	<p style="text-align: center;"><u>Tuesday and Thursday – South of the Border Bar</u></p> <p style="text-align: center;">Select One Cheese Quesadilla, Soft or Hard Taco, Chili with Scoops</p> <p style="text-align: center;">Toppings Lettuce, Tomato, Cheese, Salsa</p> <p style="text-align: center;">Select Two Brown Rice, Mexicali Vegetables, Fresh Veggie Cup, Fresh Steamed Veggies, Tossed Salad, Fruit Choice</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
DELUXE MEAL GRAB AND GO \$3.85	<p style="text-align: center;">Yogurt Parfait or Chef Salad</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	<p style="text-align: center;">Caesar Salad or Tossed Salad</p> <p style="text-align: center;">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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