



FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – February 11 – 15, 2013

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)	★❖ WG French Toast Sticks w/syrup Chicken Sausage Hot Apple Slices Vegetable Cup Choice Assorted Fruit Choice Milk	★❖ Hearty Vegetable Soup Tuna Sandwich on WW Bread Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	Roasted Chicken Strips ❖ Lo Mein Oriental Vegetables Vegetable Cup Choice Assorted Fruit Choice Milk	★❖ Vegetarian Chili ➤Grapefruit◀ Romaine Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	
AVAILABLE MONDAY THROUGH FRIDAY					
DELUXE MEAL SANDWICH or SALAD BAR CREATE YOUR OWN \$3.85 	<p>Select One for Deli Bar: Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p>OR</p> <p>Select One for Salad Bar: Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p>Select One Protein – 2oz. (Deli Bar or Salad Bar): Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p>Select From (Deli Bar or Salad Bar): 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</p> <p>Choice of fruit and veggie cup</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
DELUXE MEAL BUILD YOUR OWN \$3.85	<p>Hot Wrap Bar - Select One: Strawberry Fields Wrap (Chicken Strips, Baby Spinach, Strawberries and Shredded Cheese) Santa Fe Wrap (Chicken Strips, Peppers, Onions, Corn and Black Beans), Southwestern Wrap (Chicken Strips, Onions, Romaine/Baby Spinach Mix, Shredded Cheese), Beef Ranch Wrap (Beef, Romaine/Baby Spinach Mix, Croutons, Parmesan Cheese and Ranch Dressing) or Ocean Wrap (Fish filet, Baby Spinach, Shredded Carrots, Ranch Dressing)</p> <p>Select up to Four: Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
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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Menu subject to change

❖ = indicates meals cooked from scratch

★ = indicates vegetarian meals