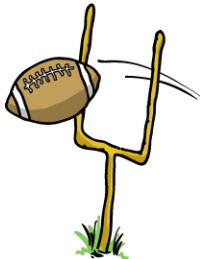









FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – February 1, 2013



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)		 		<div>❖Cheese Pizza</div> <div>❖Tomato & Cucumber Salad</div> <div>Vegetable Cup Choice</div> <div>Assorted Fruit Choice</div> <div>Milk</div>	
DELUXE MEAL SANDWICH or SALAD BAR CREATE YOUR OWN \$3.85  	<div><div>Select One for Deli Bar:</div><div>Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</div><div>OR</div><div>Select One for Salad Bar:</div><div>Whole Wheat Roll, Pasta Salad, Brown Rice Salad</div><div>Select One Protein – 2oz. (Deli Bar or Salad Bar):</div><div>Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</div><div>Select From (Deli Bar or Salad Bar):</div><div>Romaine or Spinach</div><div>Cabbage, Tomato Slices, Shredded Carrots, Onions, Cucumbers, Fresh Red and Green Pepper Strips, Broccoli Florets, Chickpeas, Cucumbers, Celery, Coleslaw, Potato Salad, Kidney Beans</div><div>Choice of fruit and veggie cup</div><div>Choice of 1% or skim white milk or fat-free chocolate milk</div></div> <div></div>				
DELUXE MEAL BUILD YOUR OWN \$3.85	<div><div>Hot Wrap Bar - Select One:</div><div>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)</div><div>Select up to Four:</div><div>Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</div><div>Choice of 1% or skim white milk or fat-free chocolate milk</div></div> <div></div>				
DELUXE MEAL GRAB AND GO \$3.85	<div><div>Yogurt Parfait or Chef Salad</div><div>Choice of 1% or skim white milk or fat-free chocolate milk</div></div>				
A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	<div>Caesar Salad or Tossed Salad</div> <div>Soup of the Day</div>				
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

