

# FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – January 1 - January 3, 2014

	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)				1 ★Pancakes w/syrup Chicken Sausage ❖Cinnamon Baked Apples Vegetable Cup Choice Assorted Fruit Choice Milk	2 ★Big Daddy Pizza ❖Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk
<b>DELUXE MEAL</b>  <b>DELI BAR</b>  <b>CREATE YOUR OWN</b> \$3.85	<u>Select One</u> Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps  <u>Select One Protein – 2oz</u> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese  <u>Select From</u> 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	<u>Monday, Wednesday, Friday – Deluxe Meal</u>  <u>Select One</u> Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla, Cook's Choice  <u>Select Two</u> 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	<u>Tuesday and Thursday – Italian Bar</u>  <u>Select One</u> Baked Ziti with Mozzarella Cheese, Eggplant Parmesan Grinder, Chicken Parmesan Grinder  <u>Select Two</u> Romaine Salad, Broccoli, Minestrone Soup, 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> <b>Priced individually</b>	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