

# FAIRFIELD SECONDARY SCHOOLS

## LUNCH MENU – January 20 - 24, 2014

"I have a dream..."

	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)	20 Martin Luther King, Jr. Day 	21 Breaded Baked Chicken Mashed Potatoes w/gravy ❖Roasted Root Vegetables Vegetable Cup Choice Assorted Fruit Choice Milk	22 ★❖WW French Toast w/syrup Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk	23 Meatballs in ❖Sauce on Grinder Roll ❖Romaine Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	24 ★Big Daddy Pizza ❖Broccoli Cuts Vegetable Cup Choice Assorted Fruit Choice Milk
<b>DELUXE MEAL</b>  <b>DELI BAR</b>  <b>CREATE YOUR OWN</b> \$3.85	<p><u>Select One</u></p> <p>Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p><u>Select One Protein – 2oz</u></p> <p>Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p><u>Select From</u></p> <p>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>Choice of fruit and veggie cup</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>DELUXE MEAL</b> \$3.85	<p><u>Monday, Wednesday, Friday – Deluxe Meal</u></p> <p><u>Select One</u></p> <p>Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla, Cook's Choice</p> <p><u>Select Two</u></p> <p>Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>SPECIALTY BAR</b> \$3.85	<p><u>Tuesday and Thursday – Italian Bar</u></p> <p><u>Select One</u></p> <p>Baked Ziti with Mozzarella Cheese, Eggplant Parmesan Grinder, Chicken Parmesan Grinder</p> <p><u>Select Two</u></p> <p>Romaine Salad, Broccoli, Minestrone Soup, Fruit Choice</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>DELUXE MEAL GRAB AND GO</b> \$3.85	<p>Yogurt Parfait or Chef Salad</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>A LA CARTE</b> <b>SALADS - \$2.25</b> <b>8oz. SOUP - \$1.50</b>	<p>Caesar Salad or Tossed Salad</p> <p>Soup of the Day</p>				
<b>A LA CARTE</b> <b>Priced individually</b>	<p>Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>				

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Menu subject to change

❖ = indicates meals cooked from scratch

★ = indicates vegetarian meals