

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – January 27 - 31, 2014



	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.75 (middle schools) \$2.80 (high schools)	★Pancakes w/syrup Chicken Sausage ❖Cinnamon Baked Apples Assorted Fruit Choice Milk	Mozzarella Sticks ★❖Tomato Sauce ❖Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	Chicken Tenders Brown Rice <i>Mashed Cauliflower</i> Vegetable Cup Choice Assorted Fruit Choice Milk	❖Hearty Vegetable Soup ❖Toasted Cheese Sandwich Vegetable Cup Choice Assorted Fruit Choice Milk	★Personal Pizza ❖Garlicky Green Beans Vegetable Cup Choice Assorted Fruit Choice Milk
DELUXE MEAL DELI BAR CREATE YOUR OWN \$3.85	<p style="text-align: center;"><u>Select One</u></p> Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps <p style="text-align: center;"><u>Select One Protein – 2oz</u></p> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese <p style="text-align: center;"><u>Select From</u></p> 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				
DELUXE MEAL \$3.85	<p style="text-align: center;"><u>Monday, Wednesday, Friday – Deluxe Meal</u></p> <p style="text-align: center;"><u>Select One</u></p> Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla, Cook's Choice <p style="text-align: center;"><u>Select Two</u></p> Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk				
SPECIALTY BAR \$3.85	<p style="text-align: center;"><u>Tuesday and Thursday – Italian Bar</u></p> <p style="text-align: center;"><u>Select One</u></p> Baked Ziti with Mozzarella Cheese, Eggplant Parmesan Grinder, Chicken Parmesan Grinder <p style="text-align: center;"><u>Select Two</u></p> Romaine Salad, Broccoli, Minestrone Soup, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk				
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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