

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – January 6 - January 10, 2014



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.75 (middle schools) \$2.80 (high schools)	6 Boneless Chicken Wings (like nuggets) Oriental Blend Vegetables Brown Rice Vegetable Cup Choice Assorted Fruit Choice Milk	7 ★Cheese Quesadilla Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	8 Hot Dog on WW Roll Roasted Potatoes ❖Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk	9 ❖Chicken Noodle Soup ★❖Toasted Cheese Sandwich on WW Bread Vegetable Cup Choice Assorted Fruit Choice Milk	10 ★Deep Dish 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	
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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	
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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	
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DELUXE MEAL GRAB AND GO \$3.85	<p style="text-align: center;">Yogurt Parfait or Chef Salad Choice of 1% or skim white milk or fat-free chocolate milk</p>
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A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	<p style="text-align: center;">Caesar Salad or Tossed Salad Soup of the Day</p>	
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A LA CARTE Priced individually	<p style="text-align: center;">Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>	
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