


# FAIRFIELD SECONDARY SCHOOLS

## LUNCH MENU – June 10 - 14, 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TRADITIONAL HOT LUNCH</b> <b>Also available daily:</b> Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)	10 Hamburger on WW Roll ❖ <i>Garlicky Green Beans</i> Vegetable Cup Choice Assorted Fruit Choice Milk	11 ❖ Honey Lemon Chicken ❖ <i>Spicy Fat Fries</i> Baby Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	12 ★❖ Minestrone Soup ★❖ Grilled Cheese on WW Bread Vegetable Cup Choice Assorted Fruit Choice Milk	13 WM Chicken Patty on WW Roll Golden Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	14 ❖ WG Cheese Pizza ❖ Tomato & Cucumber Salad Vegetable Cup Choice Assorted Fruit Choice Milk
<b>DELUXE MEAL SANDWICH or SALAD BAR</b>  <b>CREATE YOUR OWN</b> \$3.85 	<p align="center"><u>Select One for Deli Bar:</u>                      Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p align="center">OR</p> <p align="center"><u>Select One for Salad Bar:</u>                      Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p align="center"><u>Select One Protein – 2oz. (Deli Bar or Salad Bar):</u>                      Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p align="center"><u>Select From (Deli Bar or Salad Bar):</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</p> <p align="center">Choice of fruit and veggie cup</p> <p align="center">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>DELUXE MEAL BUILD YOUR OWN</b> \$3.85	<p align="center"><u>Select One:</u>                      Tilapia w/WW Roll, Chicken Patty w/WW Roll, Hamburger w/WW Roll, Meatball Grinder, Pizza</p> <p align="center"><u>Select up to Four:</u>                      Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</p> <p align="center">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>DELUXE MEAL GRAB AND GO</b> \$3.85	<p align="center">Yogurt Parfait or Chef Salad</p> <p align="center">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>A LA CARTE SALADS - \$2.25</b> <b>8oz. SOUP - \$1.50</b>	<p align="center">Caesar Salad or Tossed Salad</p> <p align="center">Soup of the Day</p>				
<b>A LA CARTE Priced individually</b>	<p align="center">Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>				

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Menu subject to change

❖ = indicates meals cooked from scratch

★ = indicates vegetarian meals

Menu items in italics are recipes provided by Chef John Turrene