

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU - June 24 - 28, 2013



	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)	Chef's Choice Vegetable Cup Choice Assorted Fruit Choice Milk	Chef's Choice Vegetable Cup Choice Assorted Fruit Choice Milk	NO LUNCH SERVICE	NO LUNCH SERVICE	

Have a safe and happy summer!!

DELUXE MEAL SANDWICH or SALAD BAR CREATE YOUR OWN \$3.85 	<p>Select One for Deli Bar: Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p>OR</p> <p>Select One for Salad Bar: Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p>Select One Protein – 2oz. (Deli Bar or Salad Bar): Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p>Select From (Deli Bar or Salad Bar): 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>Choice of fruit and veggie cup</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>
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DELUXE MEAL BUILD YOUR OWN \$3.85	<p>Select One: Tilapia w/WW Roll, Chicken Patty w/WW Roll, Hamburger w/WW Roll, Meatball Grinder, Pizza</p> <p>Select up to Four: Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>
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DELUXE MEAL GRAB AND GO \$3.85	<p>Yogurt Parfait or Chef Salad</p> <p>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>Caesar Salad or Tossed Salad</p> <p>Soup of the Day</p>
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A LA CARTE Priced individually	Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages
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Congratulations Class of 2013!!!

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Menu subject to change

❖ = indicates meals cooked from scratch

* = indicates vegetarian meals

Menu items in italics are recipes provided by Chef John Turrene