






# FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – June 3 - 7, 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)	3 ❖Roasted Chicken Strips ❖Lo Mein Oriental Vegetables Vegetable Cup Choice Assorted Fruit Choice Milk	4 *❖Baked Macaroni & Cheese Garden Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	5 <i>Italian Dunkers</i> WW Garlic Breadstick ❖ <i>Hearty Meat Sauce</i> Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	6 Frankfurter on WW Bun Sweet Potato Fries Vegetable Cup Choice Assorted Fruit Choice Milk	7 ❖WG Cheese Pizza ❖ <i>Sauce</i> Fresh Steamed Squash Vegetable Cup Choice Assorted Fruit Choice Milk

<b>DELUXE MEAL</b>  <b>SANDWICH or SALAD BAR</b>  <b>CREATE YOUR OWN</b> \$3.85   	<p style="text-align: center;"><b>Select One for Deli Bar:</b>                      Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><b>Select One for Salad Bar:</b>                      Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p style="text-align: center;"><b>Select One Protein – 2oz. (Deli Bar or Salad Bar):</b>                      Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p style="text-align: center;"><b>Select From (Deli Bar or Salad Bar):</b>                      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 style="text-align: center;">Choice of fruit and veggie cup</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p> 
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<b>DELUXE MEAL</b>  <b>BUILD YOUR OWN</b> \$3.85	<p style="text-align: center;"><b>Select One:</b>                      Tilapia w/WW Roll, Chicken Patty w/WW Roll, Hamburger w/WW Roll, Meatball Grinder, Pizza</p> <p style="text-align: center;"><b>Select up to Four:</b>                      Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p> 
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<b>DELUXE MEAL GRAB AND GO</b> \$3.85	<p style="text-align: center;">Yogurt Parfait or Chef Salad</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p> 
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<b>A LA CARTE SALADS - \$2.25</b> <b>8oz. SOUP - \$1.50</b>	<p style="text-align: center;">Caesar Salad or Tossed Salad</p> <p style="text-align: center;">Soup of the Day</p>
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<b>A LA CARTE Priced individually</b>	<p style="text-align: center;">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  
 Menu items in italics are recipes provided by Chef John Turrene