

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – March 10 - 14, 2014

March Is National Nutrition Month



	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)	10 Hamburger on WW Roll Sweet Potato Gems Broccoli Cuts Vegetable Cup Choice Assorted Fruit Choice Milk	11 <u>Sample Day</u> <u>Pineapple</u> *❖ WW French Toast w/syrup Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk	12 Italian Dunkers WW Garlic Breadstick ❖ Hearty Meat Sauce ❖ Garlicky Green Beans Vegetable Cup Choice Assorted Fruit Choice Milk	13 Mozzarella Sticks *❖ Tomato Sauce for dipping ❖ Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	14 *French Bread Pizza ❖ Spinach Salad w/Lite Dressing 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> Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p style="text-align: center;"><u>Select One Protein – 2oz</u> 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;"><u>Select From</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 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>				
DELUXE MEAL \$3.85	<u>Monday, Wednesday, Friday – Deluxe Meal</u>				
DELUXE MEAL \$3.85	<p style="text-align: center;"><u>Select One</u> Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla</p> <p style="text-align: center;"><u>Select Two</u> Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
SPECIALTY BAR \$3.85	<u>Tuesday and Thursday – Cook's Choice</u>				
SPECIALTY BAR \$3.85	<p style="text-align: center;"><u>Select One</u> Entree</p> <p style="text-align: center;"><u>Select Two</u> Side Dishes</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
DELUXE MEAL GRAB AND GO \$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>				
A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	<p style="text-align: center;">Caesar Salad or Tossed Salad</p> <p style="text-align: center;">Soup of the Day</p>				
A LA CARTE Priced individually	Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages				

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Menu subject to change

❖ = indicates meals cooked from scratch

* = indicates vegetarian meals