






FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – March 11 – 15, 2013



	MONDAY ¹¹	TUESDAY ¹²	WEDNESDAY ¹³	THURSDAY ¹⁴	FRIDAY ¹⁵
TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)	❖ American Chop Suey (Macaroni with Beef) w/❖ Sauce Steamed Peas Vegetable Cup Choice Assorted Fruit Choice Milk 	★❖ WG French Toast Sticks w/Syrup Chicken Sausage Warm Spiced Apples Vegetable Cup Choice Assorted Fruit Choice Milk 	▶ Sample Day ◀ Beets WM Chicken Parmesan Pasta and ❖ Sauce Spinach Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk 	★❖ Cheesy Veggie Quesadilla w/Salsa Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk 	★ WG French Bread Pizza ❖ Sauce Fresh Steamed Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk 

MONDAY THROUGH FRIDAY

DELUXE MEAL SANDWICH or SALAD BAR CREATE YOUR OWN \$3.85  	 Select One for Deli Bar: Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps OR Select One for Salad Bar: Whole Wheat Roll, Pasta Salad, Brown Rice Salad 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 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 Choice of fruit and veggie cup Choice of 1% or skim white milk or fat-free chocolate milk
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DELUXE MEAL BUILD YOUR OWN \$3.85	Select One: Tilapia w/WW Roll, Chicken Patty w/WW Roll, Hamburger w/WW Roll, Meatball Grinder, Pizza Select up to Four: Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits Choice of 1% or skim white milk or fat-free chocolate milk
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DELUXE MEAL GRAB AND GO \$3.85	Yogurt Parfait or Chef Salad Choice of 1% or skim white milk or fat-free chocolate milk
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A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	Caesar Salad or Tossed Salad Soup of the Day
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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
 Menu items in italics are recipes provided by Chef John Turrene

