


# FAIRFIELD SECONDARY SCHOOLS

## LUNCH MENU – March 17 - 21, 2014



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	17	18	19	20	21
<b>TRADITIONAL HOT LUNCH</b> <b>Also available daily:</b> Bagel/yogurt plate Cereal/yogurt plate  <b>\$2.75 (middle schools)</b> <b>\$2.80 (high schools)</b>	Chicken Tenders Sweet Potato Fries Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk  	Nacho Scoops ❖Seasoned Meat Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	Italian Dunkers WW Garlic Breadstick ❖Hearty Meat Sauce ❖Garlicky Green Beans Vegetable Cup Choice Assorted Fruit Choice Milk	★WG Belgian Waffles w/syrup <i>Pineapple</i> Chicken Sausage Patties Vegetable Cup Choice Assorted Fruit Choice Milk  	★Deep Dish Pizza ❖Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk
<b>DELUXE MEAL</b>  <b>DELI BAR</b>  <b>CREATE YOUR OWN</b> <b>\$3.85</b>	<p style="text-align: center;"><u>Select One</u></p> <p style="text-align: center;">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></p> <p style="text-align: center;">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></p> <p style="text-align: center;">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>				
<b>DELUXE MEAL</b> <b>\$3.85</b>	<p style="text-align: center;"><u>Monday, Wednesday, Friday – Deluxe Meal</u></p> <p style="text-align: center;"><u>Select One</u></p> <p style="text-align: center;">Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla</p> <p style="text-align: center;"><u>Select Two</u></p> <p style="text-align: center;">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>				
<b>SPECIALTY BAR</b> <b>\$3.85</b>	<p style="text-align: center;"><u>Tuesday and Thursday – Cook's Choice</u></p> <p style="text-align: center;"><u>Select One</u></p> <p style="text-align: center;">Entree</p> <p style="text-align: center;"><u>Select Two</u></p> <p style="text-align: center;">Side Dishes</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>DELUXE MEAL GRAB AND GO</b> <b>\$3.85</b>	<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>				
<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>				
<b>A LA CARTE</b> <b>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