## FAIRFIELD SECONDARY SCHOOLS **LUNCH MENU - March 18 - 22, 2013**

MONDAY



FRIDAY

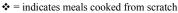
**THURSDAY** 

TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)	*Beefy Nachos	Hamburger or Cheeseburger on WW Roll Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk	*Baked Ziti *Sauce w/Mozzarella Garlic Bread Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	*Baked Chicken in Fruit Sauce *Garlic Mashed Potatoes Vegetable Cup Choice Assorted Fruit Choice Milk	22  **WG Cheese Pizza  *Sauce  Freshly Steamed  Squash  Vegetable Cup Choice  Assorted Fruit Choice  Milk
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DELUXE MEAL	Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps				
SANDWICH or SALAD BAR	OR <u>Select One for Salad Bar:</u> Whole Wheat Roll, Pasta Salad, Brown Rice Salad				
CREATE YOUR OWN	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):				
\$3.85	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				
DELUXE MEAL	Select One:				
BUILD YOUR OWN \$3.85	Tilapia w/WW Roll, Chicken Patty 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-f	ree chocolate milk	
DELUXE MEAL	Yogurt Parfait or Chef Salad				
GRAB AND GO \$3.85	Choice of 1% or skim white milk or fat-free chocolate milk				
A LA CARTE SALADS - \$2.25 80z. SOUP - \$1.50	Caesar Salad or Tossed Salad  Soup of the Day				
A LA CARTE Priced individually	Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages				

TUESDAY WEDNESDAY

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★ = indicates vegetarian meals











