

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – March 18 – 22, 2013

Spring is here!

	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)	❖ <i>Beefy Nachos</i> ❖ <i>Sauce</i> Golden Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	Hamburger or Cheeseburger on WW Roll Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk	★ Baked Ziti ❖ <i>Sauce</i> w/Mozzarella Garlic Bread Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	❖ Baked Chicken in Fruit Sauce ❖ <i>Garlic Mashed Potatoes</i> Vegetable Cup Choice Assorted Fruit Choice Milk	★ ❖ WG Cheese Pizza ❖ <i>Sauce</i> Freshly Steamed Squash Vegetable Cup Choice Assorted Fruit Choice Milk
DELUXE MEAL SANDWICH or SALAD BAR CREATE YOUR OWN \$3.85	<p>Select One for Deli Bar: Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p>OR</p> <p>Select One for Salad Bar: Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p>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</p> <p>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</p> <p>Choice of fruit and veggie cup</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
DELUXE MEAL BUILD YOUR OWN \$3.85	<p>Select One: Tilapia w/WW Roll, Chicken Patty w/WW Roll, Meatball Grinder, Pizza</p> <p>Select up to Four: Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
DELUXE MEAL GRAB AND GO \$3.85	Yogurt Parfait or Chef Salad Choice of 1% or skim white milk or fat-free chocolate milk				
A LA CARTE SALADS - \$2.25 8oz. 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				

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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