

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – March 24 - 28, 2014



	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)	24	25	26	27	28
	Meatballs in ❖Sauce on Grinder Roll ❖Romaine Salad w/Lite Dressing Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	★Pancakes w/syrup Chicken Sausage Apple Juice Vegetable Cup Choice Assorted Fruit Choice Milk	Hot Dog on WW Roll Oven Fries ❖Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk	❖Chicken Noodle Soup ★❖Toasted Cheese Sandwich on WW Bread Vegetable Cup Choice Assorted Fruit Choice Milk	★Big Daddy Pizza ❖Garden 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></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</p> <p style="text-align: center;">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>
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DELUXE MEAL \$3.85	<p><u>Monday, Wednesday, Friday – Deluxe Meal</u></p> <p><u>Select One</u></p> <p>Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla</p> <p><u>Select Two</u></p> <p>Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>
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SPECIALTY BAR \$3.85	<p><u>Tuesday and Thursday – Cook's Choice</u></p> <p><u>Select One</u></p> <p>Entree</p> <p><u>Select Two</u></p> <p>Side Dishes</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>
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DELUXE MEAL GRAB AND GO \$3.85	<p>Yogurt Parfait or Chef Salad</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>
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A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	<p>Caesar Salad or Tossed Salad</p> <p>Soup of the Day</p>
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A LA CARTE Priced individually	<p>Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>
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