



FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – March 25 – 29, 2013



	MONDAY ²⁵	TUESDAY ²⁶	WEDNESDAY ²⁷	THURSDAY ²⁸	FRIDAY ²⁹
TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)	WM Boneless Chicken Wings ❖ <i>Spicy Fat Fries</i> Fresh Steamed Baby Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	Italian Dunkers WW Garlic Breadstick ❖ <i>Hearty Meat Sauce</i> for dunking Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	❖ <i>Chicken Caesar Salad</i> ❖ <i>Ranch Dressing</i> ➤ Beets ◀ WW Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk	★ ❖ WG Cheese Pizza ❖ <i>Sauce</i> ❖ Tomato & Cucumber Salad Vegetable Cup Choice Assorted Fruit Choice Milk	<i>Good Friday</i>
AVAILABLE MONDAY THROUGH FRIDAY					
DELUXE MEAL SANDWICH or SALAD BAR CREATE YOUR OWN \$3.85  	<p style="text-align: center;">Select One for Deli Bar: Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Select One for Salad Bar: Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p style="text-align: center;">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 style="text-align: center;">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 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>				
DELUXE MEAL BUILD YOUR OWN \$3.85	<p style="text-align: center;">Select One: Tilapia w/WW Roll, Chicken Patty w/WW Roll, Meatball Grinder, Pizza</p> <p style="text-align: center;">Select up to Four: Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
DELUXE MEAL GRAB AND GO \$3.85	<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>				
A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	<p style="text-align: center;">Caesar Salad or Tossed Salad</p> <p style="text-align: center;">Soup of the Day</p>				
A LA CARTE Priced individually	<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
 Menu items in italics are recipes provided by Chef John Turrene