

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – March 3 - 7, 2014



in our **Schools Month**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TRADITIONAL HOT LUNCH</p> <p><u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate</p> <p>\$2.75 (middle schools) \$2.80 (high schools)</p>	<p>³</p> <p>★Pancakes w/syrup Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>⁴</p> <p>Breaded Baked Chicken ❖Mashed Potato ❖Glazed Carrots Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>⁵</p> <p>★❖Macaroni & Cheese ❖Garlicky Green Beans Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>⁶</p> <p>Nacho Scoops ❖Seasoned Meat Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>⁷</p> <p>★Big Daddy Pizza ❖Romaine Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk</p>
<p>DELUXE MEAL</p> <p>DELI BAR</p> <p>CREATE YOUR OWN</p> <p>\$3.85</p>	<p><u>Select One</u> Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p><u>Select One Protein – 2oz</u> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p><u>Select From</u> 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>				
<p>DELUXE MEAL</p> <p>\$3.85</p>	<p><u>Monday, Wednesday, Friday – Deluxe Meal</u></p> <p><u>Select One</u> Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla</p> <p><u>Select Two</u> Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<p>SPECIALTY BAR</p> <p>\$3.85</p>	<p><u>Tuesday and Thursday – Cook’s Choice</u></p> <p><u>Select One</u> Entree</p> <p><u>Select Two</u> Side Dishes</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<p>DELUXE MEAL GRAB AND GO</p> <p>\$3.85</p>	<p>Yogurt Parfait or Chef Salad</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<p>A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50</p>	<p>Caesar Salad or Tossed Salad</p> <p>Soup of the Day</p>				
<p>A LA CARTE</p> <p>Priced individually</p>	<p>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