

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – March 4 – 8, 2013

March Is National Nutrition Month



	MONDAY ⁴	TUESDAY ⁵	WEDNESDAY ⁶	THURSDAY ⁷	FRIDAY ⁸
TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)	Chicken Patty on WW Roll Red Roasted Potatoes Vegetable Cup Choice Assorted Fruit Choice Milk	Fish Nuggets w/Sweet Potato Breading ❖ <i>Garlicky Green Beans</i> WG Animal Crackers Vegetable Cup Choice Assorted Fruit Choice Milk	❖ Tanga Taco w/Lettuce & Tomato Brown Rice Golden Corn Vegetable Cup Choice Assorted Fruit Choice Milk	❖ Penne Primavera w/Chicken Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	❖ WG Pizza ❖ <i>Sauce</i> Sweet Potato Wedge Vegetable Cup Choice Assorted Fruit Choice Milk

AVAILABLE MONDAY THROUGH FRIDAY

DELUXE MEAL SANDWICH or SALAD BAR CREATE YOUR OWN \$3.85	<p 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 align="center">OR</p> <p align="center">Select One for Salad Bar: Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p 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 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 align="center">Choice of fruit and veggie cup</p> <p align="center">Choice of 1% or skim white milk or fat-free chocolate milk</p>
--	---

DELUXE MEAL BUILD YOUR OWN \$3.85	<p align="center">Select One: Tilapia w/WW Roll, Chicken Patty w/WW Roll, Hamburger w/WW Roll, Meatball Grinder, Pizza</p> <p align="center">Select up to Four: Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</p> <p align="center">Choice of 1% or skim white milk or fat-free chocolate milk</p>
---	---

DELUXE MEAL GRAB AND GO \$3.85	<p align="center">Yogurt Parfait or Chef Salad</p> <p 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 align="center">Caesar Salad or Tossed Salad</p> <p align="center">Soup of the Day</p>
--	--

A LA CARTE Priced individually	<p align="center">Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>
---------------------------------------	--

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Menu subject to change

❖ = indicates meals cooked from scratch

* = indicates vegetarian meals

Menu items in italics are recipes provided by Chef John Turrene