

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – May 20 - 24, 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)	20 Frankfurter on WW Bun Sweet Potato Fries Vegetable Cup Choice Assorted Fruit Choice Milk	21 ❖ WG French Toast Sticks w/syrup Chicken Sausage ❖ Strawberries Vegetable Cup Choice Assorted Fruit Choice Milk	22 WM Chicken Parmesan Pasta and ❖ Sauce Spinach Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	23 Rice Bowl ❖ Sweet & Sour Chicken Brown Rice w/Veggies Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk	24 ❖ WG Cheese Pizza ❖ Sauce 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>
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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>
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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>
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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>
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A LA CARTE Priced individually	<p 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
 Menu items in italics are recipes provided by Chef John Turrene

* = indicates vegetarian meals