

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU - May 26 - May 30, 2014

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.75 (middle schools) \$2.80 (high schools)	Memorial Day	Boneless Chicken Wings (like nuggets) Sweet Potato Fries Broccoli Cuts Vegetable Cup Choice Assorted Fruit Choice Milk	★WG Pancakes w/syrup Chicken Sausage Patties Apple Juice Vegetable Cup Choice Assorted Fruit Choice Milk	Cook's Choice Vegetable Cup Choice Assorted Fruit Choice Milk	★Personal Pizza ❖Romaine 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 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 \$3.85	<p style="text-align: center;"><u>Monday, Wednesday, Friday - Deluxe Meal</u></p> <p style="text-align: center;"><u>Select One</u></p> <p style="text-align: center;">Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla</p> <p style="text-align: center;"><u>Select Two</u></p> <p style="text-align: center;">Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
SPECIALTY BAR \$3.85	<p style="text-align: center;"><u>Tuesday and Thursday - Cook's Choice</u></p> <p style="text-align: center;"><u>Select One</u></p> <p style="text-align: center;">Entree</p> <p style="text-align: center;"><u>Select Two</u></p> <p style="text-align: center;">Side Dishes</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>				