## FAIRFIELD SECONDARY SCHOOLS LUNCH MENU - May 26 - May 30, 2014 TUESDAY WEDNESDAY MONDAY THURSDAY FRIDAY **TRADITIONAL Boneless Chicken** \*WG Pancakes Cook's Choice \*Personal Pizza **HOT LUNCH** w/syrup Vegetable Cup Choice Romaine Salad Wings Memorial Also available daily: (like nuggets) Chicken Sausage Assorted Fruit Choice w/Lite Dressing Sweet Potato Fries Vegetable Cup Choice Milk Patties Bagel/yogurt plate Day Broccoli Cuts Apple Juice Assorted Fruit Choice Cereal/yogurt plate Vegetable Cup Choice Vegetable Cup Choice Milk Assorted Fruit Choice Assorted Fruit Choice \$2.75 (middle schools) Milk Milk \$2.80 (high schools) Select One Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, **DELUXE MEAL** Low Sodium Assorted Wraps Select One Protein – 2oz **DELI BAR** Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese **CREATE YOUR Select From OWN** Romaine or Spinach Cabbage, Tomato Slices, Shredded Carrots, Onions, Cucumbers, Fresh Red and Green Pepper Strips, \$3.85 Broccoli Florets, Chickpeas, Cucumbers, Celery, Coleslaw, Potato Salad, Kidney Beans Choice of fruit and veggie cup Choice of 1% or skim white milk or fat-free chocolate milk Monday, Wednesday, Friday - Deluxe Meal **DELUXE MEAL Select One** Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla \$3.85 Select Two Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk Tuesday and Thursday - Cook's Choice **SPECIALTY** Select One Entree BAR \$3.85 Select Two Side Dishes Choice of 1% or skim white milk or fat-free chocolate milk Yogurt Parfait or Chef Salad DELUXE MEAL **GRAB AND GO** Choice of 1% or skim white milk or fat-free chocolate milk \$3.85 Caesar Salad or Tossed Salad A LA CARTE **SALADS - \$2.25** Soup of the Day 8oz. SOUP - \$1.50 Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages A LA CARTE Priced individually

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