






# FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – May 27 - 31, 2013



	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
<b>TRADITIONAL HOT LUNCH</b> <b>Also available daily:</b> Bagel/yogurt plate Cereal/yogurt plate  \$2.50 (middle schools) \$2.55 (high schools)	<b>Memorial Day</b>  	Italian Dunkers WW Garlic Breadstick ❖ <i>Hearty Meat Sauce</i> Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk  	WM Chicken Tenders ❖ <i>Garlicky Green Beans</i> WW Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk  	❖ Beefy Tacos ❖ Corn & Black Beans Shredded Cheese, Lettuce, Diced Tomato Vegetable Cup Choice Assorted Fruit Choice Milk  	❖ WG Cheese Pizza ❖ <i>Sauce</i> ❖ Tomato & Cucumber Salad Vegetable Cup Choice Assorted Fruit Choice Milk  

<b>DELUXE MEAL</b>  <b>SANDWICH or SALAD BAR</b>  <b>CREATE YOUR OWN</b> \$3.85	<p style="text-align: center;"><b>Select One for Deli Bar:</b>                      Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><b>Select One for Salad Bar:</b>                      Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p style="text-align: center;"><b>Select One Protein – 2oz. (Deli Bar or Salad Bar):</b>                      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;"><b>Select From (Deli Bar or Salad Bar):</b>                      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>				
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<b>DELUXE MEAL</b>  <b>BUILD YOUR OWN</b> \$3.85	<p style="text-align: center;"><b>Select One:</b>                      Tilapia w/WW Roll, Chicken Patty w/WW Roll, Hamburger w/WW Roll, Meatball Grinder, Pizza</p> <p style="text-align: center;"><b>Select up to Four:</b>                      Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
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<b>DELUXE MEAL GRAB AND GO</b> \$3.85	Yogurt Parfait or Chef Salad  Choice of 1% or skim white milk or fat-free chocolate milk				
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<b>A LA CARTE SALADS - \$2.25</b> <b>8oz. SOUP - \$1.50</b>	Caesar Salad or Tossed Salad  Soup of the Day				
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<b>A LA CARTE</b> <b>Priced individually</b>	Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages				
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Menu subject to change

❖ = indicates meals cooked from scratch

★ = indicates vegetarian meals

Menu items in italics are recipes provided by Chef John Turrene