


# FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – May 5 - May 9, 2014



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TRADITIONAL HOT LUNCH</b> <b>Also available daily:</b> Bagel/yogurt plate Cereal/yogurt plate  \$2.75 (middle schools) \$2.80 (high schools)	5 ★Pancakes w/syrup Chicken Sausage Apple Juice Vegetable Cup Choice Assorted Fruit Choice Milk 	6 ★❖Macaroni & Cheese ❖Glazed Carrots Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	7 Italian Dunkers WW Garlic Breadstick ❖Hearty Meat Sauce ❖Garlicky Green Beans Vegetable Cup Choice Assorted Fruit Choice Milk	8 Nacho Scoops ❖Seasoned Meat Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	9 ★Cheese Pizza ❖Romaine Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk

<b>DELUXE MEAL</b>  <b>DELI BAR</b>  <b>CREATE YOUR OWN</b> \$3.85	<p style="text-align: center;"><u>Select One</u></p> Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps  <p style="text-align: center;"><u>Select One Protein – 2oz</u></p> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese  <p style="text-align: center;"><u>Select From</u></p> 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  Choice of fruit and veggie cup  Choice of 1% or skim white milk or fat-free chocolate milk
---	---

<b>DELUXE MEAL</b> \$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> Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cheese Quesadilla  <p style="text-align: center;"><u>Select Two</u></p> Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice  Choice of 1% or skim white milk or fat-free chocolate milk
------------------------------	---

<b>SPECIALTY BAR</b> \$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> Entree  <p style="text-align: center;"><u>Select Two</u></p> Side Dishes  Choice of 1% or skim white milk or fat-free chocolate milk
--------------------------------	--

<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
--	--

<b>A LA CARTE SALADS - \$2.25</b> <b>8oz. SOUP - \$1.50</b>	Caesar Salad or Tossed Salad  Soup of the Day
--	---

<b>A LA CARTE</b> Priced individually	Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages
--	--

