

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – November 18 - November 22, 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH Also available daily: Bagel/yogurt plate Cereal/yogurt plate \$2.75 (middle schools) \$2.80 (high schools)	18 Boneless Chicken Wings (like nuggets) Brown Rice Vegetable Cup Choice Assorted Fruit Choice Milk	19 ★❖ French Toast w/syrup Chicken Sausage <i>Golden Delicious Apples</i> Vegetable Cup Choice Assorted Fruit Choice Milk	20 Hamburger or Cheeseburger on Roll ❖ Mixed Green Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	21 Italian Dunkers ❖ Hearty Meat Sauce for dunking Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	22 Personal Size Pizza ❖ Garden 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> 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
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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> Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cook's Choice <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
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SPECIALTY BAR \$3.85	<p style="text-align: center;"><u>Tuesday and Thursday – American Bar</u></p> <p style="text-align: center;"><u>Select One</u></p> Wings of Fire w/Dinner Roll, Hot Dog on Roll or Mozzarella Sticks w/Sauce <p style="text-align: center;"><u>Select One</u></p> Vegetable Soup or Baked Beans <p style="text-align: center;"><u>Select Two</u></p> Fresh Veggie Cup, Fresh Steamed Veggies, Sweet Potato Bites, Fruit Choice Choice of 1% or skim white milk or fat-free chocolate milk
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DELUXE MEAL GRAB AND GO \$3.85	Yogurt Parfait or Chef Salad Choice of 1% or skim white milk or fat-free chocolate milk
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A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	Caesar Salad or Tossed Salad Soup of the Day
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A LA CARTE Priced individually	Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages
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