

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – November 4 - November 8, 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)	4 Hamburger or Cheeseburger on Roll ❖ Oven Baked Fries Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk	5 	6 ★ Mozzarella Sticks w/❖ Tomato Sauce Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	7 Sample Day Golden Delicious Apples Chicken Patty on Roll Baby Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	8 ★ Big Daddy Pizza ❖ Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk
DELUXE MEAL DELI BAR CREATE YOUR OWN \$3.85	<p><u>Select One</u> Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p><u>Select One Protein – 2oz</u> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p><u>Select From</u> 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>Choice of fruit and veggie cup</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
DELUXE MEAL \$3.85	<p><u>Monday, Wednesday, Friday – Deluxe Meal</u> <u>Select One</u> Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cook's Choice</p> <p><u>Select Two</u> Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
SPECIALTY BAR \$3.85	<p><u>Tuesday and Thursday – American Bar</u> <u>Select One</u> Wings of Fire w/Dinner Roll, Hot Dog on Roll or Mozzarella Sticks w/Sauce</p> <p><u>Select One</u> Vegetable Soup or Baked Beans</p> <p><u>Select Two</u> Fresh Veggie Cup, Fresh Steamed Veggies, Sweet Potato Bites, Fruit Choice</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
DELUXE MEAL GRAB AND GO \$3.85	<p>Yogurt Parfait or Chef Salad</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	<p>Caesar Salad or Tossed Salad</p> <p>Soup of the Day</p>				
A LA CARTE Priced individually	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