

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – October 14 - October 18, 2013

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|--|
| TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.75 (middle schools) \$2.80 (high schools) | 14 Breaded Baked Chicken ❖ Mashed Potatoes w/ Gravy ❖ Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk | 15 ❖ Sloppy Joe on Split Bun ❖ Garlic Green Beans Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk | 16 Nacho Scoops ❖ Seasoned Meat <i>Corn on the Cob</i> Vegetable Cup Choice Assorted Fruit Choice Milk | 17 Hot Dog on Wheat Roll Baked Beans Roasted Potatoes Vegetable Cup Choice Assorted Fruit Choice Milk  | 18 Deep Dish Pizza Tossed 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 | | | | |
| 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 | | | | |
| SPECIALTY BAR \$3.85 | <p style="text-align: center;"><u>Tuesday and Thursday – French Bar</u></p> <p style="text-align: center;"><u>Select One</u></p> Ham & Swiss Cheese on Croissant, Hot Roast Beef with gravy on Roll, Fish on Croissant or Fruit & Cheese Plate with Croissant <p style="text-align: center;"><u>Select One</u></p> French Onion Soup or French Style Green Beans <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 | | | | |
| DELUXE MEAL GRAB AND GO \$3.85 | <p style="text-align: center;"></p> Yogurt Parfait or Chef Salad Choice of 1% or skim white milk or fat-free chocolate milk | | | | |
| A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50 | Caesar Salad or Tossed Salad Soup of the Day | | | | |
| 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