

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – October 21 - October 25, 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)	21 Hamburger or Cheeseburger on Wheat Roll ♦Garlicky Green Beans Broccoli Cuts Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	22 ★ ♦Macaroni & Cheese Romaine Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	23 Chicken Patty on WW Roll Vegetable Cup Choice Assorted Fruit Choice Milk	24 Belgian Waffles Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk	25 Personal Size Pizza ♦Garlicky Green Beans 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 – 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
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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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Menu subject to change

♦ = indicates meals cooked from scratch

★ = indicates vegetarian meals