

# FAIRFIELD SECONDARY SCHOOLS

## LUNCH MENU – October 28 - November 1, 2013



	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)	28 Boneless Chicken Wings Brown Rice Corn & Carrots Vegetable Cup Choice Assorted Fruit Choice Milk 	29 Spaghetti w/❖Sauce Meatballs Garden Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk 	30 Belgian Waffles Strawberries Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk 	31 Hot Dog on WW Roll ❖Baked Beans Sweet Potato Bites Vegetable Cup Choice Assorted Fruit Choice Milk 	1 ❖French Toast w/ Syrup Chicken Sausage Icy Juicy 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>                      Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p style="text-align: center;"><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 style="text-align: center;"><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 style="text-align: center;">Choice of fruit and veggie cup</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<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>                      Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cook's Choice</p> <p style="text-align: center;"><u>Select Two</u>                      Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>SPECIALTY BAR</b> \$3.85	<p style="text-align: center;"><u>Tuesday and Thursday – French Bar</u></p> <p style="text-align: center;"><u>Select One</u>                      Ham &amp; Swiss Cheese on Croissant, Hot Roast Beef with gravy on Roll, Fish on Croissant or Fruit &amp; Cheese Plate with Croissant</p> <p style="text-align: center;"><u>Select One</u>                      French Onion Soup or French Style Green Beans</p> <p style="text-align: center;"><u>Select Two</u>                      Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>DELUXE MEAL GRAB AND GO</b> \$3.85	<p style="text-align: center;">Yogurt Parfait or Chef Salad</p> <p style="text-align: center;">Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<b>A LA CARTE</b> SALADS - \$2.25 8oz. SOUP - \$1.50	<p style="text-align: center;">Caesar Salad or Tossed Salad</p> <p style="text-align: center;">Soup of the Day</p>				
<b>A LA CARTE</b> Priced individually	<p style="text-align: center;">Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>				

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Menu subject to change

❖ = indicates meals cooked from scratch

★ = indicates vegetarian meals