

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – October 7 - October 11, 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)	7 Cheese Quesadilla Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	8 Meatballs in ❖ Sauce on Grinder Roll Tossed Green Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	9 ★ ❖ French Toast w/syrup Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk	10 Chicken Tenders Brown Rice ❖ Roasted Root Vegetables Vegetable Cup Choice Assorted Fruit Choice Milk	11 Big Daddy Pizza Mixed Green Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk
DELUXE MEAL DELI BAR CREATE YOUR OWN \$3.85	<div>      </div> <div> <p><u>Select One</u></p> <p>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></p> <p>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></p> <p>Romaine or Spinach</p> <p>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> </div>				
DELUXE MEAL \$3.85	<p><u>Monday, Wednesday, Friday – Deluxe Meal</u></p> <p><u>Select One</u></p> <p>Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cook's Choice</p> <p><u>Select Two</u></p> <p>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 – French Bar</u></p> <p><u>Select One</u></p> <p>Ham & Swiss Cheese on Croissant, Hot Roast Beef with gravy on Roll, Fish on Croissant or Fruit & Cheese Plate with Croissant</p> <p><u>Select One</u></p> <p>French Onion Soup or French Style Green Beans</p> <p><u>Select Two</u></p> <p>Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, 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	<p>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