






# FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – September 16 - 20, 2013



INTERNATIONAL  
PEACE DAY

Sept  
21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>TRADITIONAL HOT LUNCH</b> <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate</p> <p>\$2.75 (middle schools) \$2.80 (high schools)</p>	<p>16 ❖Penne Primavera w/Chicken &amp; Fresh Veggies Vegetable Cup Choice Assorted Fruit Choice Milk</p> 	<p>17 ❖Meatballs in our own ❖Sauce WG Grinder Roll Vegetable Cup Choice Assorted Fruit Choice Milk</p> 	<p>18 ❖WM/WG Chicken Parmesan ❖WG Spaghetti w/ Sauce Spinach Salad Vegetable Cup Choice Assorted Fruit Choice Milk</p> 	<p>19 ★❖Cheddar Quesadilla Tomato &amp; Cucumber Salad Vegetable Cup Choice Assorted Fruit Choice Milk</p> 	<p>20 ★Big Daddy WG Cheese Pizza Sweet Potato Bites Vegetable Cup Choice Assorted Fruit Choice Milk</p> 
<b>AVAILABLE MONDAY THROUGH FRIDAY</b>					
<p><b>DELUXE MEAL</b></p> <p><b>DELI BAR</b></p> <p><b>CREATE YOUR OWN</b> \$3.85</p>	<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>				
<p><b>DELUXE MEAL</b> \$3.85</p>	<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> 				
<p><b>SPECIALTY BAR</b> \$3.85</p>	<p style="text-align: center;"><u>Tuesday and Thursday – Hot Deli Bar</u></p> <p style="text-align: center;"><u>Select One</u> Meatball Grinder, Turkey with Gravy on Roll, Roast Beef with Gravy on Roll, Chicken Parmesan on Roll</p> <p style="text-align: center;"><u>Select One</u> Tomato Soup or Vegetable Soup</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>				
<p><b>DELUXE MEAL GRAB AND GO</b> \$3.85</p>	<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>				
<p><b>A LA CARTE SALADS - \$2.25</b> <b>8oz. SOUP - \$1.50</b></p>	<p style="text-align: center;"> Caesar Salad or Tossed Salad</p> <p style="text-align: center;">Soup of the Day</p>				
<p><b>A LA CARTE</b> Priced individually</p>	<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