

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – September 23 - 27, 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)	23 <u>Rice Bowl</u> ❖ Sweet & Sour Chicken Brown Rice Oriental Vegetables Vegetable Cup Choice Assorted Fruit Choice Milk	24 ★❖ Baked Macaroni & Cheese Garden Salad Vegetable Cup Choice Assorted Fruit Choice Milk	25 Hot Dog on WW Bun Sweet Potato Bites Vegetable Cup Choice Assorted Fruit Choice Milk	26 Breaded Chicken w/Brown Rice <u>Edamame</u> Vegetable Cup Choice Assorted Fruit Choice Milk	27 ★❖ WG Cheese Pizza ❖ Honey Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk
DELUXE MEAL DELI BAR CREATE YOUR OWN \$3.85	<u>Select One</u> Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps <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 <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 Choice of fruit and veggie cup Choice of 1% or skim white milk or fat-free chocolate milk				
DELUXE MEAL \$3.85	<u>Monday, Wednesday, Friday – Deluxe Meal</u> <u>Select One</u> Salmon, Tilapia, Spicy Chicken Patty, Pizza, Cook's Choice <u>Select Two</u> 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	<u>Tuesday and Thursday – Hot Deli Bar</u> <u>Select One</u> Meatball Grinder, Turkey with Gravy on Roll, Roast Beef with Gravy on Roll, Chicken Parmesan on Roll <u>Select One</u> Tomato Soup or Vegetable Soup <u>Select Two</u> 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	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