

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – September 30 - October 4, 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)	30 Boneless Chicken Wings (like nuggets) ❖ Stir Fried Rice Oriental Vegetables Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	1 Pancakes w/syrup Chicken Sausage Cinnamon Baked Apples Vegetable Cup Choice Assorted Fruit Choice Milk	2 Italian Dunkers WW Garlic Breadstick ❖ Hearty Meat Sauce Spinach Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	3 Sample Day Corn of the Cob Hamburger on Wheat Roll Oven Fries Vegetable Cup Choice Assorted Fruit Choice Milk	4 ❖ Chicken Soup ★❖ Toasted Cheese Sandwich 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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