

# FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – September 17 - 21, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>TRADITIONAL HOT LUNCH</b>  <u>Also available daily:</u>            Bagel/yogurt plate            Cereal/yogurt plate</p> <p><b>\$2.50 (middle schools)</b>  <b>\$2.55 (high schools)</b></p>	<p style="font-size: 2em; color: yellow;"><b>Rosh Hashanah</b></p>	<p>❖ WG French Toast Sticks            Chicken Sausage            Hot Apple Slices            Vegetable Cup Choice            Assorted Fruit Choice            Milk</p>	<p>❖ Chicken Parmesan            ❖ Spaghetti w/Sauce            Spinach Salad            Vegetable Cup Choice            Assorted Fruit Choice            Milk</p>	<p>FUN Salad Bar            Lots of Vegetable Choices            Turkey, Egg, Tuna, Cheese            Whole Grain Bagel            Assorted Fruit Choice            100% Fruit Bar/Milk</p>	<p>❖ Pizza Burger on Whole Wheat Roll            Sweet Potato Bites            Vegetable Cup Choice            Assorted Fruit Choice            Milk</p>
<b>AVAILABLE MONDAY THROUGH FRIDAY</b>					
<p><b>DELI BAR</b>  <b>\$3.85</b></p> 	<p style="text-align: center;"><u><b>Select One:</b></u>            Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepperjack or American Cheese</p> <p style="text-align: center;"><u><b>Select From:</b></u>            Romaine or Spinach , Tomato, Coleslaw, Shredded Carrots, Onions, Cucumbers, Fresh Pepper Strips, Marinated Chickpeas, Potato Salad</p> <p style="text-align: center;"><u><b>Served on your choice of:</b></u>            Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p style="text-align: center;">Choice of fruit and veggie cup.            Choice of 1% or skim white milk or fat-free chocolate milk</p>				
<p><b>SALAD BAR</b>  <b>\$3.85</b></p> 	<p style="text-align: center;"><u><b>Select From:</b></u>            Romaine Lettuce, Spinach, Cabbage, Iceberg Lettuce</p> <p style="text-align: center;"><u><b>Top With:</b></u>            Broccoli Florets, Tomato wedges, Shredded Carrots, Red Peppers, Chickpeas, Kidney Beans, Cucumbers, Green Beans, Squash, Radishes, Green Peppers, Onions, Olives, Cauliflower, Celery</p> <p style="text-align: center;"><u><b>Choice of Protein – 2oz.:</b></u>            Turkey Breast, Ham, Tuna, American Cheese (red fat/sodium)</p> <p style="text-align: center;"><u><b>Choice of:</b></u>            Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p style="text-align: center;">Served with your choice of 1% or skim white milk or fat-free chocolate milk</p>				
<p><b>DELUXE MEAL</b>  <b>\$3.85</b></p>	<p style="text-align: center;">Yogurt Parfait or Chef Salad</p> <p style="text-align: center;">Choice of low-fat or skim 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            Soup of the Day</p>				
<p><b>A LA CARTE</b>  <b>Priced individually</b></p>	<p style="text-align: center;">Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>				

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