

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – **SEPTEMBER 13 – 17, 2010**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TRADITIONAL HOT LUNCH</p> <p><u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate</p> <p>\$2.15 (middle schools) \$2.20 (high schools)</p>	Chicken Tenders Roasted Potatoes Wedges Creamy Cole Slaw Fruit Choice Milk	Nachos with Beef Brown Rice Pilaf CT Yellow Squash Fruit Choice Milk	Whole Grain Penne With Meat Sauce CT Zucchini Fruit Choice Milk	Chicken and Noodles CT Corn on Cob Fruit Choice Milk	Round Pizza CT Green Pepper Strips Fresh Baby Carrots Fruit Choice Milk

AVAILABLE MONDAY THROUGH FRIDAY	
<p>DELI BAR \$3.50</p>	<p style="text-align: center;"><u>Select One:</u> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Cheese</p> <p style="text-align: center;"><u>Select up to 3 sides:</u> Lettuce & tomato, Coleslaw, Baby Carrots, Onions, Cucumbers, Fresh Pepper Strips</p> <p style="text-align: center;"><u>Served on your choice of:</u> Hard Roll, Wheat, Rye, Pumpernickel, Marble, Assorted Wraps</p> <p style="text-align: center;">Choice of fruit and low-fat milk</p>
<p>DELUXE MEAL \$3.50</p>	<p style="text-align: center;"><u>Select One:</u> Chef Salad, Chicken Caesar Salad, Assorted Wraps, Yogurt Parfait, Spicy Chicken on Multigrain Roll, Hamburger on Multigrain Roll, French Bread Pizza, Grilled Fish on Multigrain Roll</p> <p style="text-align: center;"><u>Select up to 3 sides:</u> Sautéed Mushroom, Sautéed Onions, Lettuce & Tomato, Cheese, Potato, Baby Carrots, Coleslaw</p> <p style="text-align: center;">Choice of fruit and low-fat milk</p>
<p>A LA CARTE Priced individually</p>	<p style="text-align: center;">Bagel with Cream Cheese, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>
<p>A LA CARTE SALADS \$2.00</p>	<p style="text-align: center;">Caesar Salad or Tossed Salad</p>
<p>A LA CARTE SOUP – 8oz. \$1.25</p>	<p style="text-align: center;">Tomato Soup</p>

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