



FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – **SEPTEMBER 20 – 24, 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 Nuggets Mashed Potatoes Creamy Cole Slaw Fruit Choice Milk	Cheddar Quesadilla with Broccoli Pesto and Tomato (no pine nuts) Corn Niblets Fruit Choice Milk	Whole Grain Spaghetti With Meat Sauce Fresh Steamed Broccoli Fruit Choice Milk	Honey Lemon Chicken Quick Baked Potato Fresh Steamed Spinach Fruit Choice Milk	Stuffed Crust Pizza Carrot-Raisin Salad 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;">New England Chowder</p>

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