

FAIRFIELD SECONDARY SCHOOLS LUNCH MENU – February 7 – 11, 2011



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.15 (middle schools) \$2.20 (high schools)	Round Cheese Pizza Fresh Veggies Lite Ranch Dip Fruit Choice Milk	Breaded Baked Chicken Whipped Potatoes Honey Glazed Carrots Fruit Choice Milk	Quesadilla with Salsa Golden Corn Niblets Whole Fruit Icy Milk	<u>Sample Day</u> Lasagna with Beef Garlic Breadstick Tossed Salad/Dressing Fruit Choice/Milk Sample: Red Pepper Strips	Mozzarella Sticks Tomato Sauce Pineapple Cole Slaw Fruit Choice Milk

AVAILABLE MONDAY THROUGH FRIDAY

DELI BAR \$3.50	<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 Three:</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, Grinder Roll, Portuguese Roll, Wheat, Rye, Pumpernickel, Marble, Deli Thins, Assorted Wraps</p> <p style="text-align: center;">Choice of fruit and low-fat or skim milk</p>
DELUXE MEAL \$3.50	<p style="text-align: center;"><u>Monday & Wednesday – Deluxe Meal</u></p> <p style="text-align: center;"><u>Select One:</u> Salmon, Macaroni & Cheese, Turkey w/Gravy on Hard Roll, Chicken Patty on Multigrain Roll, Pizza</p> <p style="text-align: center;"><u>Select Two:</u> Fresh Veggie Cup, Fresh Steamed Veggies, Potatoes, Fruit Choice</p> <p style="text-align: center;">Choice of low-fat or skim milk</p>
SPECIALTY BAR \$3.50	<p style="text-align: center;"><u>Tuesday & Thursday – Breakfast Bar</u></p> <p style="text-align: center;"><u>Select One:</u> Egg & Cheese on English Muffin, Pancakes with Sausage, Waffle Sticks with Sausage</p> <p style="text-align: center;"><u>Select Two:</u> Hot Apple Topping, Fruit Juice, Potatoes, Fruit Choice</p> <p style="text-align: center;">Choice of low-fat or skim milk</p>
DELUXE MEAL \$3.50	<p style="text-align: center;"><u>Friday – Cook’s Choice</u></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>
A LA CARTE SALADS \$2.00 SOUP - \$1.25	<p style="text-align: center;">Caesar Salad or Tossed Salad Soup of the Day</p>
A LA CARTE Priced individually	<p style="text-align: center;">Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>

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Menu subject to change