

LUNCH

LUNCH CHOICE: PBJ, CHEESE STICK, CRACKER

JANUARY 2023
FAIRLESS HIGH SCHOOL

ALL MEALS COME WITH A CHOICE OF MILK

FAIRLESS LOCAL IS AN EQUAL OPPORTUNITY PROVIDER

OR SALAD

Monday

Tuesday

Wednesday

Thursday

Friday

2
NO SCHOOL

BREAKFAST
3
NO SCHOOL

4
CEREAL, CRACKER, FRUIT & OR JUICE
CONFETTI PANCAKES,
OR APPLE GLAZED TEXAS TOAST
SAUSAGE
HASH BROWN
FRUIT JUICE, MILK

5
BREAKFAST BAR, FRUIT & OR JUICE
TACO TOTS
NACHO OR QUESO SAUCE
W/ CORN CHIPS
OR PEPPERONI CALZONE
TATOR TOTS, FRUIT, MILK

6
FALCON MUFFIN, FRUIT & OR JUICE
BBQ PORK SANDWICH
OR MINI CORN DOGS
GLAZED CARROTS
CHEEZ-ITS
FRUIT, MILK

7
FALCON MUFFIN, FRUIT & OR JUICE
ASIAN BOWL W/ FORTUNE COOKIE
OR QUESADILLA PIZZA,
CORN
APPLESAUCE, WELCHES FRUIT SNACK
MILK

10
EGG & CHEESE ON A BAGEL, JUICE
274458
ROASTED CONEY DOG **OR** HOT DOG
W/G BUN, FRENCH FRIES
BAKED BEANS
SIDEKICK, MILK

11
FALCON MUFFIN, FRUIT & OR JUICE
CHICKEN NUGGETS & WAFFLE
OR MEATBALL SUB
SEASONED ROASTED POTATOES
178522
GREEN BEANS, ROLL, FRUIT
MILK

12
DONUT, FRUIT & OR JUICE
PEPPERONI BREADSTICKS
OR LASAGNA ROLL W/ ROLL
BROCCOLI SALAD
OR CORN
FRUIT, MILK

13
FALCON MUFFIN, FRUIT & OR JUICE
NACHO'S WITH W/G CHIPS
MEAT, QUESO CHEESE OR
NACHO CHEESE, SHREDDED LETTUCE
OR FIESTADA PIZZA, CELERY
MANDARIN ORANGES, MILK

16
NO SCHOOL

17
SNACK'N WAFFLE, FRUIT & OR JUICE
PIZZA BOBZZ **OR**
BBQ RIB ON A W/G BUN
W/ PICKLES, ONIONS
CARROTS, CHIPS,
FRUIT, MILK

18
FALCON MUFFIN, FRUIT & OR JUICE
CREAM CHICKEN SANDWICH
OR CHICKEN NUGGETS
CHEEZ-ITS
PARSLEY POTATO'S,
FRUIT, MILK

19
DONUT, FRUIT & OR JUICE
269816
CHICKEN FRIED STEAK BURGER
OR PIZZA
FRENCH FRIES, SALAD, FRUIT,
MILK

20
FALCON MUFFIN, FRUIT & OR JUICE
FALCON BURGER
OR PIZZA CRUNCHERS
TATOR TOTS, CORN
FRUIT, MILK

23
FALCON MUFFIN, OR JUICE
CHICKEN PATTY, **OR** SPICY PATTY
ON A W/G BUN, FRIES
BROCCOLI W/ CHEESE, OR CORN,
FRUIT, MILK

24
EGG & CHEESE ON A BAGEL, JUICE
TACO
MEAT, CHEESE, LETTUCE,
OR TACO WEDGES
SPANISH RICE, REFRIED BEANS,
FRUIT, MILK

25
FALCON MUFFIN, FRUIT & OR JUICE
WAFFLES **OR** FRENCH TOAST STICKS
SAUSAGE
TATOR TOTS OR SWT. POT. TOTS
FRUIT JUICE, MILK

26
DONUT, FRUIT & OR JUICE
POPCORN CHICKEN W/ ROLL **OR**
HAM AND CHEESE CALZONE
SCALLOPED POTATOES
GREEN BEANS,
FRUIT, MILK

27
FALCON MUFFIN, FRUIT & OR JUICE
HOMEMADE PEPPERONI ROLL W/
MARINARA SAUCE, **OR** CHEESE PIZZA
JELLO W/ FRUIT, COLESLAW
MILK

30
FALCON MUFFIN, OR JUICE
SWEET-N-SOUR CHICKEN W/
FRIED RICE **OR** TACO WEDGES
PEAS AND CARROTS
FRUIT, FORTUNE COOKIE

31
SNACK'N WAFFLE, FRUIT & OR JUICE
CHEESEBURGER **OR** HAMBURGER
PICKLES, LETTUCE, TOMATO, ONIONS
FRIES
BAKED BEANS
FRUIT, MILK



MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

BREAKFAST INCLUDES FRUIT & OR JUICE

BREAKFAST \$2.00, FOR REDUCED .30

W/G = WHOLE GRAIN

LUNCH \$3.25, FOR REDUCED .40