

LUNCH

LUNCH CHOICE: PBJ, CHEESE STICK, CRACKER

JANUARY 2023
FAIRLESS MIDDLE SCHOOL

ALL MEALS COME WITH A CHOICE OF MILK

FAIRLESS LOCAL IS AN EQUAL OPPORTUNITY PROVIDER

OR SALAD

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

NO SCHOOL

CEREAL, CRACKER, FRUIT & OR JUICE
CONFETTI PANCAKES
SAUSAGE
HASH BROWN
FRUIT JUICE, MILK

SNACK'N WAFFLE, FRUIT & OR JUICE
MINI CORN DOGS
FRENCH FRIES
GREEN BEANS, FRUIT,
OR JUICE, MILK

BREAKFAST BAR, FRUIT & OR JUICE
BBQ PORK SANDWICH OR
PIZZA MUNCHABLE PEPPERONI,
CHEESE, W/G FLATBREAD,
MARINARA SAUCE, RICE KRISPY TREAT
FRUIT, WELCH'S FRUIT SNACK,
CARROTS, MILK

BREAKFAST PIZZA, FRUIT & OR JUICE
CHICKEN TENDERS
GLAZED CARROTS
CHEEZ-IT'S
FRUIT, MILK

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

DONUT, FRUIT & OR JUICE
CHEESE PIZZA
CHIPS
BROCCOLI SALAD
OR CORN, FRUIT, MILK

FALCON MUFFIN, JUICE
POPCORN CHICKEN,
MASHED POTATOES,
GREEN BEANS, ROLL, FRUIT,
MILK

BREAKFAST BAR, FRUIT & OR JUICE
NACHO'S WITH W/G CHIPS
MEAT, QUESO CHEESE OR
NACHO CHEESE, CORN
MANDARIN ORANGES, MILK

NO SCHOOL

SNACK'N WAFFLE, FRUIT & OR JUICE
CHICKEN NUGGETS
CHEEZ-ITS
PARSLEY POTATOES
FRUIT, MILK

DONUT, FRUIT & OR JUICE
McRib ON W/G BUN
BAKED BEANS
CHIPS
FRUIT, MILK

FALCON MUFFIN, FRUIT & OR JUICE
ROTINI W/ MEATBALLS
GARLIC TOAST
CORN, OR ROMAINE SALAD
FRUIT, MILK

BREAKFAST BAR, FRUIT & OR JUICE
STUFFED CRUST PIZZA OR
TURKEY MUNCHABLE
CRACKERS, TURKEY COINS, CHEESE,
APPLE SAUCE, WELCHES FRUIT SNACK,
GOLDFISH GRAHAM, CARROTS, MILK

BREAKFAST PIZZA, FRUIT & OR JUICE
CHICKEN PATTY
ON A W/G BUN, FRIES
BROCCOLI W/ CHEESE, OR
CORN,
FRUIT, MILK

EGG & CHEESE BAGEL, JUICE
TACO
MEAT, CHEESE, LETTUCE,
SPANISH RICE,
REFRIED BEANS,
FRUIT, MILK

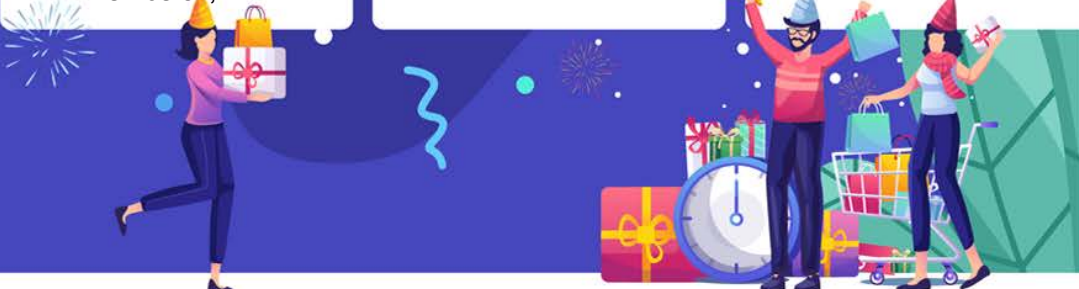
DONUT, FRUIT & OR JUICE
EGGO EMOJI WAFFLES
SAUSAGE
TATOR TOTS OR SWT. POT.
TOTS
FRUIT JUICE, MILK

FALCON MUFFIN, JUICE
HOT HAM & CHEESE ON A
W/G BUN
CHIPS, GREEN BEANS,
JELLO W/ FRUIT, COOKIE, MILK

BREAKFAST BAR, FRUIT & OR JUICE
BOSCO STICK
MARINARA SAUCE,
COLESLAW, FRUIT
MILK

BREAKFAST PIZZA, FRUIT & OR JUICE
SWEET-N-SOUR CHICKEN
FRIED RICE,
PEAS AND CARROTS, FRUIT,
FORTUNE COOKIE, MILK

SNACK'N WAFFLE, FRUIT & OR JUICE
CHEESEBURGER ON W/G BUN
PICKLES, LETTUCE, TOMATO
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