



SEPTEMBER 2023

FAIRLESS HIGH SCHOOL

ALL MEALS COME WITH CHOICE OF MILK
FAIRLESS LOCAL IS AN EQUAL OPPORTUNITY PROVIDER

LUNCH CHOICE SALAD, PBJ W/ CRACKER & CHEESE STICK

CHICKEN WRAP

Monday

Tuesday

Wednesday

Thursday

Friday



LABOR DAY
NO
SCHOOL

4

THE MAC BURGER

5

CHICKEN NUGGETS
WHOLE GRAIN ROLL
CARROTS, OR GREEN BEANS
APPLESAUCE OR FRESH FRUIT
MILK

BBQ RIB SANDWICH

6

CHICKEN ALFREDO
BROCCOLI,
FRUIT OR FRESH FRUIT
WHOLE GRAIN COOKIE
MILK

CORN DOG

7

SUPER SLOPPY JOE
FRENCH FRIES
BBQ BAKED BEANS
FRUIT OR FRESH FRUIT
MILK

NO
SCHOOL

1

CALZONE

8

3 MEAT PIZZA
ROMAINE SALAD
FRUIT OR FRESH FRUIT
MILK

ROASTED HOT DOG

11

CHICKEN TENDERS
& WAFFLE,
GREEN BEANS
FRUIT OR FRESH FRUIT
MILK

EGG & CHEESE ON A W/G BUN

12

PANCAKES, OR FRENCH TOAST
SAUSAGE, HASH BROWN
CARROTS
CINNAMON APPLES
MILK

QUESADILLA PIZZA
605565 COOK VEGES PLEASE

13

CHICKEN FAJITA
WITH A W/G TORTILLA
OR FRESH CARROTS
FRUIT, OR FRESH FRUIT
MILK

CHEESY BREAD STICKS

14

MEATBALL SUB
BROCCOLI SALAD
FRESH CARROTS
BLUEBERRIES OR PEARS
MILK

COOKS CHOICE OR
PORK CARNITA
OR BEEF TACO MEAT
ON LOADED NACHO'S
QUESO OR CHEDDAR CHEESE
REFRIED BEANS
FRUIT, MILK, SHREDDED LET.

15

CHICKEN PATTY OR SPICY
CHICKEN PATTY ON W/G BUN
FRENCH FRIES
CUCUMBER CHIPS, CARROTS
FRESH FRUIT OR FRUIT
MILK

18

BOSCO STICKS

19

235411
TERIYAKI BEEF BOWL
W/G FRIED RICE
BROCCOLI, FRESH CARROTS
APPLESAUCE OR FRESH FRUIT
FORTUNE COOKIE, MILK

RODEO BURGER

20

CHICKEN PARMESAN
WITH W/G PASTA
ROMAINE SALAD, CARROTS
FRUIT OR FRESH FRUIT
MILK

MINI CORN DOGS

21

PIZZA CRUNCHERS
GREEN BEANS,
CELERY & CARROTS
FRUIT OR FRESH FRUIT
MILK

COOKS CHOICE

22

THE MAC BURGER
BAKED BEANS
FRUIT OR FRESH FRUIT
W/G COOKIE
MILK

BBQ RIB ON W/G BUN

25

POPCORN CHICKEN/ CHEEZ ITS
TATOR TOTS OR
SWT. POT. TOTS, CARROTS
FRUIT/ FRESH FRUIT
MILK

COOKS CHOICE

26

CONY
FRENCH FRIES
BROCCOLI SALAD
FRUIT/ FRESH FRUIT

COOKS CHOICE

27

MAC & CHEESE
PEANUT BUTTER BREAD
GREEN BEANS
FRUIT, FRESH FRUIT
MILK

CHEESE QUESADILLA

28

SOFT TACO'S
LETTUCE, CHEESE, TACO SAUCE
REFRIED BEANS
FRUIT, FRESH FRUIT
MILK

COOKS CHOICE

29

FALCON BURGER
PEAS AND CARROTS
FRUIT, FRESH FRUIT
MILK

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

BREAKFAST INCLUDES FRUIT & OR JUICE

BREAKFAST \$2.00 OR FREE FOR REDUCED

A VARIETY OF ITEMS ARE SERVED FOR BREAKFAST

W/G = WHOLE GRAIN

LUNCH \$3.25 OR FREE FOR REDUCED