



LUNCH CHOICE: TOASTED CHEESE SANDWICH

OR PBJ W/ CHEESE STICK AND CRACKER

SEPTEMBER 2023

FAIRLESS ELEMENTARY

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

Monday

Tuesday

Wednesday

Thursday

Friday



NO SCHOOL 1

NO SCHOOL 4

DONUT, FRUIT, OR JUICE 5
CRUNCHY TACO
W/ BEEF, CHEESE, LETTUCE
FIESTA RICE
REFRIED BEANS
FRUIT/FRESH FRUIT, MILK

FALCON MUFFIN, FRUIT OR JUICE 6
BBQ RIB ON W/G BUN
FRENCH FRIES
FRESH CARROTS
FRUIT/FRESH FRUIT
MILK

BREAKFAST PIZZA 7
FRUIT & OR JUICE
HAMBURGER ON W/G BUN
VEGETABLE PASTA SALAD
FRUIT/FRESH FRUIT
MILK

CEREAL, FRUIT & OR JUICE 8
CRACKER
CHEESE PIZZA
ROMAINE SALAD
FRUIT/FRESH FRUIT
MILK

CEREAL, CRACKER, FRUIT & OR JUICE 11
CHICKEN PATTY ON W/G BUN
FRESH CARROTS OR GREEN BEANS,
FRUIT/FRESH FRUIT, MILK

CINNI MINI, FRUIT & OR JUICE 12
CONFETTI PANCAKES
OR CHOC. EMOJI WAFFLES
SAUSAGE, HASH BROWN
FRESH CARROTS, FRUIT, MILK

FALCON MUFFIN, FRUIT & OR JUICE 13
CALZONE
ROMAINE SALAD
FRUIT/FRESH FRUIT
MILK

MUFFIN, FRUIT & OR JUICE 14
SWEET N SOUR CHICKEN
WITH W/G FRIED RICE
RED PEPPER STRIPS
FRUIT/FRESH FRUIT, MILK

CEREAL, FRUIT & OR JUICE 15
CRACKER
CHEEZY BREAD STICKS
BAKED BEANS, CELERY
FRUIT/FRESH FRUIT, MILK

CEREAL, CRACKER, FRUIT & OR JUICE 18
CHICKEN TENDERS & WAFFLE
GREEN BEANS
FRUIT, FRESH FRUIT,
MILK

DONUT, FRUIT & OR JUICE 19
BBQ RIB ON W/G BUN
FRENCH FRIES
CARROTS
FRUIT/FRESH FRUIT, MILK

FALCON MUFFIN, FRUIT & OR JUICE 20
BOSCO STICKS
MARINARA SAUCE
BAKED BEANS
FRUIT/FRESH FRUIT, MILK

BREAKFAST PIZZA, FRUIT & OR JUICE 21
POPCORN CHICKEN BOWL
CORN ROLL
FRUIT/FRESH FRUIT, MILK

CEREAL, FRUIT & OR JUICE, CRACKER 22
MAC & CHEESE
PEANUT BUTTER BREAD
ROMAINE SALAD
APPLESAUCE, MILK

CEREAL, CRACKER, FRUIT & OR JUICE 25
CHICKEN NUGGETS
TATOR TOTS
CHEEZ-IT CRACKERS
CARROTS
FRUIT/FRESH FRUIT, MILK

CINNI MINI, FRUIT & OR JUICE 26
WALKING TACO
LETTUCE, MEAT, CHEESE
FIESTA RICE
GREEN PEPPERS
FRUIT/FRESH FRUIT, MILK

FALCON MUFFIN, FRUIT & OR JUICE 27
MINI CORN DOGS
BAKED BEANS
FRUIT/FRESH FRUIT
MILK

MUFFIN, FRUIT & OR JUICE 28
MUNCHABLE
TURKEY COINS, CHEESE,
CRACKERS, CARROTS
FRUIT/FRESH FRUIT
MILK

CEREAL, FRUIT & OR JUICE, CRACKER 29
PIZZA CRUNCHERS
ROMAINE SALAD
FRUIT/FRESH FRUIT, MILK

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

BREAKFAST INCLUDES FRUIT & OR JUICE

BREAKFAST \$2.00 OR FREE FOR RED.

W/G = WHOLE GRAIN

LUNCH \$3.00 OR FREE FOR RED.