



LUNCH CHOICE PBJ, CRACKER, CHEESE STICK
TOASTED CHEESE SANDWICH, OR SALAD

SEPTEMBER 2023

FAIRLESS MIDDLE SCHOOL

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

Monday

Tuesday

Wednesday

Thursday

Friday



4
NO SCHOOL
LABOR DAY

5
CEREAL, JUICE, CRACKER

CHICKEN NUGGETS
WHOLE GRAIN ROLL
FRESH VEGES
APPLESAUCE, OR FRESH FRUIT
MILK

6
BREAKFAST PIZZA, FRUIT

POPCORN CHICKEN ALFREDO
BROCCOLI
FRUIT, OR FRESH FRUIT
MILK

7
FALCON MUFFIN, FRUIT

CORN DOG
FRENCH FRIES
BAKED BEANS
FRUIT OR FRESH FRUIT
WHOLE GRAIN COOKIE, MILK

1
NO
SCHOOL

8
W/G DONUT, JUICE

STUFFED CRUST PIZZA
ROMAINE SALAD
FRUIT OR FRESH FRUIT
MILK

11
CEREAL, JUICE, CRACKER

CHICKEN TENDERS N WAFFLE
GREEN BEANS OR CARROTS
FRUIT OR FRESH FRUIT
MILK

12
BREAKFAST PARFAIT

EGGO CONFETTI PANCAKES
OR EGGO CHOCOLATE EMOJI
PANCAKES, HASH BROWN
CARROTS, ORANGE JUICE
MILK

13
BREAKFAST PIZZA, FRUIT

CHICKEN FAJITA
ON W/G TORTILLA
FRESH CARROTS
PEARS OR FRESH FRUIT
MILK

14
FALCON MUFFIN, FRUIT

CHEESY BREAD STICKS
BROCCOLI SALAD
BLUEBERRIES OR APPLES
MILK

15
MUFFIN, CRACKERS, JUICE

LOADED NACHO'S
W/ TACO MEAT OR BBQ PORK
CHEESE, REFRIED BEANS
FRUIT, MILK

18
CEREAL, JUICE, CRACKER

CHICKEN PATTY OR SPICY
CHICKEN PATTY ON W/G BUN
FRENCH FRIES
FRESH CARROTS
FRESH FRUIT OR PEARS
MILK

19
BREAKFAST PARFAIT
ASIAN BOWL
BEEF TERIYAKI
W/G FRIED RICE
STEAMED BROCCOLI
FRESH CARROTS
APPLESAUCE OR FRESH FRUIT
MILK

20
BREAKFAST PIZZA, FRUIT

BBQ RIB ON W/G BUN
OR MEATBALL SUB
ROMAINE SALAD, CARROTS
FRUIT OR FRESH FRUIT
MILK

21
FALCON MUFFIN, FRUIT

PIZZA CRUNCHERS
GREEN BEANS
FRUIT OR FRESH FRUIT
MILK

22
BREAKFAST BAR, JUICE

HAMBURGER ON A W/G BUN
BAKED BEANS
FRESH CARROTS
FRUIT OR FRESH FRUIT
MILK

25
CEREAL, JUICE, CRACKER

CHICKEN NUGGETS
CHEEZ - ITS
SWEET POTATO FRIES
FRUIT/ FRESH FRUIT
MILK

26
BREAKFAST PARFAIT

CALZONE
SPICY FRIES
FRUIT/FRESH FRUIT
MILK

27
BREAKFAST PIZZA, FRUIT

SOFT TACO
LETTUCE, DICED TOMATOES
SALSA, CHURRO 668731
REFRIED BEANS
FRUIT/FRESH FRUIT, MILK

28
FALCON MUFFIN, FRUIT

CHICKEN PARMESAN
SPAGHETTI
ROMAINE SALAD
FRUIT/FRESH FRUIT
MILK

29
W/G DONUT, JUICE

STUFFED CRUST PIZZA
GREEN BEANS
FRUIT/OR 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 \$3.25 OR FREE FOR RED.