



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

MARCH 2023

FAIRLESS HIGH SCHOOL

ALL MEALS COME WITH CHOICE OF MILK

FAIRLESS LOCAL IS AN EQUAL
OPPORTUNITY PROVIDER

Monday

Tuesday

Wednesday

Thursday

Friday



BREAKFAST PIZZA, FRUIT & OR JUICE

6

ASIAN BOWL W/ FORTUNE COOKIE
OR QUESADILLA PIZZA
BROCCOLI,
FRUIT, WELCHES FRUIT SNACK
MILK

BREAKFAST WRAP, FRUIT & OR JUICE

7

CHICKEN TENDERS
OR ROASTED HOT DOG, CHEEZ-ITS,
FRENCH FRIES
BAKED BEANS
FRUIT, MILK

SMOOTHIE

1

TACO TOTS
OR PEPPERONI CALZONE
CORN CHIPS AND SALSA
REFRIED BEANS
FRUIT, MILK

DONUT, FRUIT & OR JUICE

2

PANCAKES
SAUSAGE
TATOR TOTS
FRUIT JUICE
MILK

FALCON MUFFIN, FRUIT & OR JUICE

3

COOKS CHOICE
GREEN BEANS
, FRUIT,
MILK

BREAKFAST PIZZA, FRUIT & OR JUICE

13

CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH
BAKED BEANS
FRUIT
MILK

BREAKFAST WRAP, FRUIT & OR JUICE

14

CHICKEN N WAFFLE
OR PEPPERONI CALZONE
SMILE FRIES
FRUIT, MILK

SMOOTHIE

15

BBQ RIB ON W/G BUN
OR STEAK BURGER W/ CHEESE
ON W/G BUN
BROCCOLI SALAD
FRUIT, MILK

DONUT, FRUIT & OR JUICE

16

CHEEZY PEPPERONI RIPPERS
OR, NACHO'S W/ CHEESE
GREEN BEANS
FRUIT, MILK

FALCON MUFFIN, FRUIT & OR JUICE

17

SWEET N SOUR CHICKEN
FRIED RICE
PEAS
CARROTS, FRUIT, PUDDING
MILK

BREAKFAST PIZZA, FRUIT & OR JUICE

20

FRENCH TOAST OR PANCAKES
SAUSAGE
TATOR TOTS
JUICE
MILK

BREAKFAST WRAP, FRUIT & OR JUICE

21

SOFT TACO 882700
MEAT, CHEESE, LETTUCE, TOMATO
OR LOADED CORN DOG, FIESTA RICE
REFRIED BEANS W/ CHEESE
FRUIT, MILK

SMOOTHIE

22

POPCORN CHICKEN
MASHED POTATOES
GREEN BEANS
GOLDFISH GRAHAM, APPLESAUCE
MILK

DONUT, FRUIT & OR JUICE

23

STUFFED CRUST PIZZA
OR CHICKEN PARM SANDWICH
CHIPS, CARROT STICKS
FRUIT, MILK

FALCON MUFFIN, FRUIT & OR JUICE

24

COOKS CHOICE
726590 SEASONED POTATOES
BROCCOLI
FRUIT, MILK
ICE CREAM CUP



MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

BREAKFAST INCLUDES FRUIT & OR JUICE

BREAKFAST \$2.00 REDUCED .30
LUNCH \$3.25, REDUCED .40

W/G = WHOLE GRAIN