



JANUARY 2022

FAIRLESS HIGH SCHOOL

ALL MEALS COME WITH MILK

FAIRLESS LOCAL IS AN EQUAL OPPORTUNITY PROVIDER

ENTRÉE CHOICES SALAD W/ DELI MEAT OR CHICKEN

WRAPS W/ DELI MEAT OR CHICKEN

Monday	Tuesday	Wednesday	Thursday	Friday
<p>CEREAL, CRACKER, FRUIT 3</p> <p>NACHO'S W/ MEAT, CHEESE, & TOPPINGS OR CALZONE REFRIED BEANS FRUIT, MILK</p>	<p>FALCON MUFFIN, JUICE 4</p> <p>CHICKEN ON A BUN OR SPICY CHICKEN ON A BUN GREEN BEANS FRENCH FRIES FRUIT, MILK</p>	<p>CINNAMON ROLL, FRUIT 5</p> <p>MINI PANCAKES SAUSAGE HASH BROWNS ORANGE JUICE, MILK</p>	<p>FALCON MUFFIN 6</p> <p>CHEEZY BREAD CARROTS FRUIT MILK</p>	<p>CEREAL, CRACKER, FRUIT 7</p> <p>MEATBALL SUB OR LASAGNA ROLL-UP W/ GARLIC BREAD BROCCOLI FRUIT, MILK</p>
<p>CEREAL, CRACKER, FRUIT 10</p> <p>MINI CORNDOGS OR CHICKEN FAJITA ON A BUN TATOR TOTS CARROTS, FRUIT, MILK</p>	<p>FALCON MUFFIN, JUICE 11</p> <p>CHICKEN N WAFFLE OR PIZZA FRENCH FRIES FRUIT, MILK</p>	<p>CINNAMON ROLL, FRUIT 12</p> <p>WALKING TACO W/CHICKEN OR BEEF, CHEESE, LETTUCE, SALSA FIESTA RICE, CORN FRUIT, MILK</p>	<p>FALCON MUFFIN, FRUIT 13</p> <p>HOT DOG ON A BUN OR CONEY BAKED BEANS FRUIT, MILK</p>	<p>14</p> <p>NO SCHOOL</p>
<p>17</p> <p>NO SCHOOL</p>	<p>FALCON MUFFIN, JUICE 18</p> <p>CHICKEN PARM SANDWICH HOT HAM & CHEESE ON A BUN CORN CHIPS FRUIT, MILK</p>	<p>CINNAMON ROLL, FRUIT 19</p> <p>CHICKEN BACON ALFREDO FLATBREAD OR FISH SANDWICH FRIES, COLESLAW FRUIT, MILK</p>	<p>FALCON MUFFIN, FRUIT 20</p> <p>BBQ PULLED PORK ON A BUN OR PIZZA ROMAINE SALAD COOKIE, FRUIT, MILK</p>	<p>CEREAL, CRACKER, FRUIT 21</p> <p>POPCORN CHICKEN OR HOT DOG ON A BUN MAC N CHEESE CARROTS, FRUIT, MILK</p>
<p>CEREAL, CRACKER, FRUIT 24</p> <p>PANCAKES HASH BROWNS SAUSAGE ORANGE JUICE, MILK</p>	<p>FALCON MUFFIN, JUICE 25</p> <p>TORTILLA SOUP W/ CINNAMON ROLL ROMAINE SALAD JELLO W/ FRUIT MILK</p>	<p>BREAKFAST BAR, FRUIT 26</p> <p>CHICKEN BOWL WHIPPED POTATOES GRAVY, CORN, FRUIT, ROLL, MILK</p>	<p>FALCON MUFFIN, FRUIT 27</p> <p>PIZZA BROCCOLI CAULIFLOWER SALAD FRUIT, MILK</p>	<p>CEREAL, CRACKER, FRUIT 28</p> <p>CREAMED CHICKEN SANDWICH OR MEATBALL SUB, CARROTS CHOCOLATE HUMMUS W/ APPLE SLICES MILK</p>
<p>CEREAL CRACKER, FRUIT 31</p> <p>RODEO BURGER OR HAMBURGER ON A BUN FRENCH FRIES ROMAINE SALAD FRUIT, MILK</p>				



MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

BREAKFAST INCLUDES FRUIT & OR JUICE & MILK
BREAKFAST AND LUNCH ARE FREE FOR ALL STUDENTS
ADULT BREAKFAST \$2.00, LUNCH \$3.75