

Falconer Middle/High School Breakfast Menu

May

In a Lunchroom far far away

2018



My Plate.gov. Internet
http://www.myplate.gov

Attention Parents

Breakfast is the most important meal of the day and provides the necessary energy to start a day of learning and achievement. Children who eat breakfast at school:

- *Score better in standardized tests
- *Have fewer health issues
- *Behave better in class

Menu Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday
4		<p>1</p> <p>Egg & Cheese Biscuit</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>2</p> <p>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>3</p> <p>Eggs with Ham & Toast</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>4</p> <p>Sausage & Cheese Croissant</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p> <p><i>May the Forks be with you</i></p>
1	<p>7</p> <p>French Toast Sticks with Syrup</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>8</p> <p>Breakfast Pizza</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>9</p> <p>Cheesy Tots</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>10</p> <p>Muffin with Toast</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>11</p> <p>Breakfast Burrito</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
2	<p>14</p> <p>Ham & Egg Croissant</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>15</p> <p>Breakfast Round with Toast</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>16</p> <p>French Toast bites with Syrup</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>17</p> <p>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>18</p> <p>Biscuit with Sausage & Egg</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
3	<p>21</p> <p>Donut holes</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>22</p> <p>Breakfast Breaks</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>23</p> <p>Cheesy Tots</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>24</p> <p>Egg & Cheese on English Muffin</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>25</p>
4	<p>28</p> <p>No School</p>	<p>29</p> <p>Egg & Cheese Biscuit</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>30</p> <p>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>31</p> <p>Eggs with Ham & Toast</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	

Offered Daily With all School Breakfasts:

Fresh or prepared fruits

Non or Low Fat White or Non Fat Chocolate Milk Available Daily

We serve the following items Daily

choose 1

- Bagel w/cream cheese
- Cereal w/Toast
- Cereal Bar w/Toast
- Pretzel
- Yogurt w/Giant Goldfish

100% Juice, Fresh or prepared fruit

Non or Low Fat Milk

Students may choose one item from each section

Must take at least 3

Choose one

Choose one

Choose one

This institution is an equal opportunity Provider and Employer