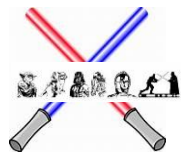


Meal Pattern Requirements
(weekly)
Grains Range=8-10 G EQ
1/2 of all grains must be whole grain rich
M/MA Range=9-10 oz.
Vegetable=3 3/4 cups
in appropriate subgroups
Fruit=2 1/2 cups Milk=5 cups

Falconer Middle School Lunch

May
2018



Lunch Fact
My Plate Recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but are also good for you, too. Reference: USDA. MyPlate.gov. Internet <http://www.myplate.gov/>.

Menu Subject to Change
May the Force be with you

	Monday	Tuesday	Wednesday	Thursday	Friday
3		<p>1 French Toast Sticks with Scrambled Eggs & Ham PB & Jelly Sandwich Grilled Cheese</p> <p>Carrots Hash Browns</p>	<p>2 Nacho Grande with Meat, Cheese & Rice Ham Sandwich Cheeseburger on a Bun</p> <p>Romaine Salad Peas</p>	<p>3 Sicilian Pizza Pretzel with Cheese Soft Shells</p> <p>Black Bean Salad Corn</p>	<p>4 Jedi Chichen Wrap Toasted cheese & Ham Solo Sandwich Chewbacca Patty with ewok crackers</p> <p>Yoda best Beans Droid Veggies Ice cream</p>
4	<p>7 BBQ Pulled Pork Sandwich Tuna Salad in a Pita Hot Dog on a Bun</p> <p>Baked Beans Cauliflower</p>	<p>8 Mac & Cheese Chicken Ham Sandwich Grilled Cheese</p> <p>Carrots Mixed Vegetables</p>	<p>9 Chicken Nuggets with Pasta Salad PB & Jelly Sandwich Cheeseburger on a Bun</p> <p>Broccoli Corn</p>	<p>10 Taco Pizza Pretzel with Cheese Soft Shells</p> <p>Sweet Potatoes Romaine Salad</p>	<p>11 Stromboli Tuna in a Wrap Chicken Patty on a Bun</p> <p>Tiny Peas Green Beans</p>
5	<p>PROMO 14 Chicken Stromboli Turkey sandwich Hot Dog on a Bun</p> <p>Fries Carrot Coins</p>	<p>15 Roasted Turkey with Pasta PB & Jelly Sandwich Grilled Cheese</p> <p>Romaine Salad Mashed Potato</p>	<p>16 Chicken and Cheese Flatbread Egg Salad Sandwich Cheeseburger on a Bun</p> <p>Sweet Potatoes BBQ Beans</p>	<p>17 Sicilian Pizza Pretzel with Cheese Soft Shells</p> <p>Green Beans Mixed Vegetables</p>	<p>18 Taco in a Bag with Lettuce, Cheese & Rice Ham & Cheese Sandwich Chicken Patty on a Bun</p> <p>Broccoli Peas</p>
1	<p>21 Chicken Alfredo Meatball Sub Hot Dog on a Bun</p> <p>Steamed Broccoli Carrot Coins</p>	<p>22 Spaghetti with meat sauce Turkey sandwich Grilled Cheese</p> <p>Romaine Green Beans</p>	<p>23 Chicken Twister PB & Jelly Sandwich Cheeseburger on a Bun</p> <p>Baked Beans Fries</p>	<p>24 Supreme Pizza Pretzel with Cheese Soft Shells</p> <p>Mixed Vegetables Cucumber &</p>	<p>25</p>
2	<p>28 no school</p>	<p>29 BBQ Pulled Pork Sandwich Steak Sub Grilled Cheese</p> <p>Carrots Fries</p>	<p>30 Chicken Biscuit PB & Jelly Sandwich Cheeseburger on a Bun</p> <p>Cauliflower Mashed Potato</p>	<p>31 Chicken Wing Pizza Pretzel with Cheese Soft Shells</p> <p>Romaine Salad Refried Beans</p>	

Offered Daily With all School Lunches:

Fresh or prepared fruits
(Must take 1/2 cup of fruit or veggies, may take 1 cup)

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

We serve the following items Daily

Baked Sub rolls topped with your choice of fresh ingredients.

Fresh Baked Pepperoni Pizza

Students that qualify for free or reduced lunches also qualify for breakfast

Start with a:

- Vegetable
- Fruit
- Choose whole grain
- Pick a lean protein
- Add serving of milk

Take at least 3

This institution is an equal opportunity Provider and Employer