

Falconer Elementary School Breakfast Menu

May
2018



Menu Subject to Change

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

Attention Parents and Teachers
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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | <p>1</p> <p>French toast Bites</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>2</p> <p>Pancakes with Syrup</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>3</p> <p>Donut</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>4</p> <p>Biscuit with Egg & Cheese</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> <p><i>May the Forks be with you</i></p> |
| <p>7</p> <p>French Toast Stix With Syrup</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>8</p> <p>Pretzel with Cheese</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>9</p> <p>Breakfast Round With Toast</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>10</p> <p>Muffin With Toast</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>11</p> <p>English Muffin with Ham & Cheese</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> |
| | <p>14</p> <p>Cereal Bar with Toast</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>15</p> <p>French toast Bites</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>16</p> <p>Pancakes with Syrup</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>17</p> <p>Donut</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> |
| | <p>21</p> <p>French Toast Stix With Syrup</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>22</p> <p>Pretzel with Cheese</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>23</p> <p>Breakfast Round With Toast</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>24</p> <p>Muffin With Toast</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> |
| <p>28</p> | <p>29</p> <p>French toast Bites</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>30</p> <p>Pancakes with Syrup</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <p>Milk</p> | <p>31</p> <p>Donut</p> <hr/> <p>100% Juice Fresh or Prepared Fruit</p> <hr/> <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

Cereal w/Toast

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