

Falconer Elementary School Breakfast Menu

January 2019








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

Menu Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday
2				Pancakes with Syrup ----- 100% Juice Fresh or Prepared Fruit ----- Milk	Donut ----- 100% Juice Fresh or Prepared Fruit ----- Milk
1	7 French Toast Stix With Syrup ----- 100% Juice Fresh or Prepared Fruit ----- Milk	8 Pretzel with Cheese ----- 100% Juice Fresh or Prepared Fruit ----- Milk	9 Breakfast Round With Toast ----- 100% Juice Fresh or Prepared Fruit ----- Milk	10 Muffin With Toast ----- 100% Juice Fresh or Prepared Fruit ----- Milk	11 Sausage and Cheese Croissant ----- 100% Juice Fresh or Prepared Fruit ----- Milk
2	14 Cinnamon Roll ----- 100% Juice Fresh or Prepared Fruit ----- Milk	15 French toast Bites ----- 100% Juice Fresh or Prepared Fruit ----- Milk	16 Pancakes with Syrup ----- 100% Juice Fresh or Prepared Fruit ----- Milk	17 Donut ----- 100% Juice Fresh or Prepared Fruit ----- Milk	18 Biscuit with Egg & Cheese ----- 100% Juice Fresh or Prepared Fruit ----- Milk
1	21 Martin Luther King Jr 	22 Pretzel with Cheese ----- 100% Juice Fresh or Prepared Fruit ----- Milk	23 Breakfast Round With Toast ----- 100% Juice Fresh or Prepared Fruit ----- Milk	24 Muffin With Toast ----- 100% Juice Fresh or Prepared Fruit ----- Milk	25 Sausage and Cheese Croissant ----- 100% Juice Fresh or Prepared Fruit ----- Milk
2	28 Cinnamon Roll ----- 100% Juice Fresh or Prepared Fruit ----- Milk	29 French toast Bites ----- 100% Juice Fresh or Prepared Fruit ----- Milk	30 Pancakes with Syrup ----- 100% Juice Fresh or Prepared Fruit ----- Milk	31 Donut ----- 100% Juice Fresh or Prepared Fruit ----- Milk	

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