

Falconer Middle/High School Breakfast Menu

January 2019



Menu Subject to Change

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

	Monday	Tuesday	Wednesday	Thursday	Friday
1		1	2 	3 Muffin with Toast ----- 100% Juice Fresh or Prepared Fruit ----- Milk	4 Breakfast Burrito ----- 100% Juice Fresh or Prepared Fruit ----- Milk
2	7 Ham & Egg Croissant ----- 100% Juice Fresh or Prepared Fruit ----- Milk	8 Cinnamon Roll ----- 100% Juice Fresh or Prepared Fruit ----- Milk	9 French Toast bites with Syrup ----- 100% Juice Fresh or Prepared Fruit ----- Milk	10 Donut ----- 100% Juice Fresh or Prepared Fruit ----- Milk	11 Biscuit with Sausage & Egg ----- 100% Juice Fresh or Prepared Fruit ----- Milk
3	14 Donut holes ----- 100% Juice Fresh or Prepared Fruit ----- Milk	15 Breakfast Breaks ----- 100% Juice Fresh or Prepared Fruit ----- Milk	16 Cheesy Tots ----- 100% Juice Fresh or Prepared Fruit ----- Milk	17 Egg & Cheese on English Muffin ----- 100% Juice Fresh or Prepared Fruit ----- Milk	18 Pancake bites with Syrup ----- 100% Juice Fresh or Prepared Fruit ----- Milk
4	21 Martin Luther King Jr 	22 Egg & Cheese Biscuit ----- 100% Juice Fresh or Prepared Fruit ----- Milk	23 Donut ----- 100% Juice Fresh or Prepared Fruit ----- Milk	24 Eggs with Ham & Toast ----- 100% Juice Fresh or Prepared Fruit ----- Milk	25 Sausage & Cheese Croissant ----- 100% Juice Fresh or Prepared Fruit ----- Milk
1	28 French Toast Sticks with Syrup ----- 100% Juice Fresh or Prepared Fruit ----- Milk	29 Breakfast Pizza ----- 100% Juice Fresh or Prepared Fruit ----- Milk	30 Cheesy Tots ----- 100% Juice Fresh or Prepared Fruit ----- Milk	31 Muffin with Toast ----- 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

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 Choose one
take at -----
least 3 Choose one

Choose one

This institution is an equal opportunity Provider
and Employer