

**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**

**January 2019**



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

	Monday	Tuesday	Wednesday	Thursday	Friday
3		1 	2 	3 Sicilian Pizza Pretzel with Cheese Soft Shells ----- Black Bean Salad Corn	4 Buffalo Chicken Wrap Toasted Ham & Cheese Chicken Patty on a Bun ----- Green Beans Mixed Vegetables
4	7 Hot Turkey Sandwich Tuna Salad in a Pita Hot Dog on a Bun ----- Baked Beans Cauliflower	8 Mac & Cheese Chicken Ham Sandwich Grilled Cheese ----- Carrots Mixed Vegetables	9 Chicken Nuggets with Pasta Salad PB & Jelly Sandwich BBQ Pulled Pork Sandwich ----- Broccoli Corn	10 Taco Pizza Pretzel with Cheese Soft Shells ----- Sweet Potatoes Romaine Salad	11 Stromboli Tuna in a Wrap Chicken Patty on a Bun ----- Tiny Peas Green Beans
5 <b>Promo</b>	14 Baked chicken with Rice Breaded Pork Sandwich Hot Dog on a Bun ----- Broccoli Carrot Coins	15 Roasted Turkey with Pasta PB & Jelly Sandwich Grilled Cheese ----- Romaine Salad Mashed Potato	16 Chicken and Cheese Flatbread Egg Salad Sandwich BBQ Pulled Pork Sandwich ----- Sweet Potatoes Baked Beans	17 Sicilian Pizza Pretzel with Cheese Soft Shells ----- Green Beans Mixed Vegetables	18 Taco in a Bag with Lettuce, Cheese & Rice Ham & Cheese Sandwich Chicken Patty on a Bun ----- Corn Peas
1	21 Martin Luther King Jr 	22 Spaghetti with meat sauce Turkey sandwich Grilled Cheese ----- Romaine Green Beans	23 Chicken Twister PB & Jelly Sandwich BBQ Pulled Pork Sandwich ----- Baked Beans Fries	24 Supreme Pizza Pretzel with Cheese Soft Shells with Rice ----- Mixed Vegetables Cucumber & Red Pepper Strips	25 1/2 day <b>COME JOIN US FOR BREAKFAST</b>
2	28 Bread sticks with meat sauce Chicken Fajita Pita Hot Dog on a Bun ----- Spinach Corn	29 Cheeseburger on a Bun Steak Sub Grilled Cheese ----- Carrots Fries	30 Bakeed Chicken Biscuit PB & Jelly Sandwich BBQ Pulled Pork Sandwich ----- Cauliflower Mashed Potato	31 Chicken Wing Pizza Pretzel with Cheese Soft Shells ----- Romaine Salad Refried Beans	

**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