

Falconer Elementary School Breakfast Menu



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
2					1 Biscuit with Egg & Cheese ----- 100% Juice Fresh or Prepared Fruit ----- Milk
1	4 Muffin with Toast ----- 100% Juice Fresh or Prepared Fruit ----- Milk Field trip K-2	5 Pretzel with Cheese ----- 100% Juice Fresh or Prepared Fruit ----- Milk	6 Breakfast Round With Toast ----- 100% Juice Fresh or Prepared Fruit ----- Milk	7 French Toast Stix with Syrup ----- 100% Juice Fresh or Prepared Fruit ----- Milk	8 Sausage and Cheese Croissant ----- 100% Juice Fresh or Prepared Fruit ----- Milk
2	11 Cinnamon Roll ----- 100% Juice Fresh or Prepared Fruit ----- Milk	12 French toast Bites ----- 100% Juice Fresh or Prepared Fruit ----- Milk	13 Pancakes with Syrup ----- 100% Juice Fresh or Prepared Fruit ----- Milk	14 Donut ----- 100% Juice Fresh or Prepared Fruit ----- Milk Happy Valentines Day	15 Biscuit with Egg & Cheese ----- 100% Juice Fresh or Prepared Fruit ----- Milk
	18 	19 MID 	20 Winter 	21 Break	22
1	25 French Toast Stix With Syrup ----- 100% Juice Fresh or Prepared Fruit ----- Milk	26 Pretzel with Cheese ----- 100% Juice Fresh or Prepared Fruit ----- Milk	27 Breakfast Round With Toast ----- 100% Juice Fresh or Prepared Fruit ----- Milk	28 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

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