

Falconer Middle/High School Breakfast Menu



June
2021



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
4	<p>All Children under 18 are eligible for free food refer to website and /or phone #</p> <p><u>Summer Food Programs</u> http://www.fns.usda.gov/summerfoodrocks 1-800-522-5006</p>	<p>1</p> <p>Muffin with Toast</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>2</p> <p>Churro</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>3</p> <p>Cinnamon Roll</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>4</p> <p>Sausage & Cheese on a Biscuit</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
1	<p>7</p> <p>Cinnamon Roll</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>8</p> <p>Cinnamon sticks</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>9</p> <p>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>10</p> <p>Pretzel with cheese</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>11</p> <p>Breakfast Burrito</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
2	<p>14</p> <p>Pretzel with cheese</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>15</p> <p>Cinnamon Roll</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>16</p> <p>Cinnamon sticks</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>17</p> <p>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>18</p> <p>Breakfast Burrito</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
3	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
4	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>32</p>

Have a Sweet and Safe Summer

*Offered Daily With all School Breakfasts:
Breakfast price 1.30*

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
- 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
- Choose one

This institution is an equal opportunity Provider and Employer