

Meal Pattern Requirements
(weekly)
Grains Range=10-12 G EQ
1/2 of all grains must be whole grain rich
M/MA Range=10-12 oz.
Vegetable=5 cups
in appropriate subgroups
Fruit=5 cups

**Falconer Middle
High School Lunch**

June
2021



Menu Subject to Change

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/>.

	Monday	Tuesday	Wednesday	Thursday	Friday
2	All Children under 18 are eligible for free food refer to website and /or phone # Summer Food Programs http://www.fns.usda.gov/summerfoodrocks	1 Mac & Cheese Grilled Cheese ----- Steamed Broccoli Corn	2 Sweet Sour Chicken with Rice Varitiy Pizza ----- Corn Carrots 3/4	3 Taco in a bag Cheeseburger on a bun ----- Mixed Vegetables Baked Beans	4 Roasted Turkey with Biscuit Taco shell ----- Green Beans Mashed Potato
3		7 Taco & Cheese Flatbread Chicken Tenders with Rice ----- Corn Broccoli	8 French Toast Sticks with Scrambled Eggs & Sausage Grilled Cheese ----- Green Beans Corn	9 Mac & Cheese Cheese and Rice ----- Mixed Vegetables Carrots 3/4	PROMO 10 Chicken Tenders Pasta Salad Cheeseburger on a bun ----- Bake Beans Corn
4	14 Taco in a bag PB & Jelly Sandwich with Noodles ----- Corn Fries	15 Spaghetti with Meatsauce Grilled Cheese ----- Carrots 3/4 Spinach	16 BBQ Pulled Pork Sandwich Varitiy Pizza ----- Mixed Vegetables Green Beans	17 Chicken Twisters Cheeseburger on a bun ----- Baked Beans Corn	18 Roasted Turkey Turkey Sandwich Taco shell ----- Broccoli Carrots
5	21	22	23	24	25
<h1>Have a Sweet and</h1>					
<h1>Safe Summer</h1>					
1					

Offered Daily With all School Lunches:
Fresh or prepared fruits
(Must take 1/2 cup of fruit or veggies)

Non or Low Fat White or Non Fat Chocolate Milk Available Daily
Lunch Prices \$1.45
Checks payable to: Falconer Central School

We serve the following items
Daily

Fresh baked Sub rolls topped with your choice of fresh
ing.

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