

# Falconer Middle/High School Breakfast Menu



**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					<p>1</p> <p>Breakfast Burrito</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
2	<p>4</p> <p>Ham &amp; Egg Croissant</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>5</p> <p>Cinnamon Roll</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>6</p> <p>French Toast bites with Syrup</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>7</p> <p>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>8</p> <p>Biscuit with Sausage &amp; Egg</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
3	<p>11</p> <p>Donut holes</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>12</p> <p>Breakfast Breaks</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>13</p> <p>Cheesy Tots</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>14</p> <p> Egg &amp; Cheese on English Muffin</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p> <p>Happy Valentines Day</p>	<p>15</p> <p>Pancake bites with Syrup</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
	<p>18</p> <p>Presidents day</p>	<p>19</p> <p>'Mid</p>	<p>20</p> <p>Winter</p>	<p>21</p>	<p>22</p> <p>Break</p>
4	<p>25</p> <p>Cinnamon sticks</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>26</p> <p>Egg &amp; Cheese Biscuit</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>27</p> <p>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>28</p> <p>Eggs with Ham &amp; Toast</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	

*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

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100% Juice, Fresh or prepared fruit

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Non or Low Fat Milk

*Students may choose one item from each section*

**Must take at least 3**

Choose one

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Choose one

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Choose one

This institution is an equal opportunity Provider and Employer