

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



Menu Subject to Change

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/>.

	Monday	Tuesday	Wednesday	Thursday	Friday
2					1 BBQ Pork Sliders Meatball sub Super Bowl Chicken Patty on a Bun
3	4 Chicken Fajita Flatbread Toasted Tuna & Cheese on an English Muffin Hot Dog on a Bun ----- Sweet Potato Broccoli	5 French Toast Sticks with Scrambled Eggs & Ham PB & Jelly Sandwich Grilled Cheese ----- Carrots Hash Browns	6 Nacho Grande with Meat, Cheese & Rice Ham Sandwich BBQ Pulled Pork Sandwich ----- Romaine Salad Peas	7 Sicilian Pizza Pretzel with Cheese Soft Shells ----- Black Bean Salad Corn	8 Buffalo Chicken Wrap Toasted Ham & Cheese Chicken Patty on a Bun ----- Green Beans Mixed Vegetables
4	11 Hot Turkey Sandwich Tuna Salad in a Pita Hot Dog on a Bun ----- Baked Beans Cauliflower	12 Mac & Cheese Chicken Ham Sandwich Grilled Cheese ----- Carrots Mixed Vegetables	13 Chicken Nuggets with Pasta Salad PB & Jelly Sandwich BBQ Pulled Pork Sandwich ----- Broccoli Corn	14 Taco Pizza Pretzel with Cheese Soft Shells ----- Sweet Potatoes Romaine Salad Ice Cream Happy Valentines Day	15 Stromboli Tuna in a Wrap Chicken Patty on a Bun ----- Tiny Peas Green Beans
		16 Mid 	20 Winter 	21 break	22
5	25 Pizza Roll Turkey sandwich Hot Dog on a Bun ----- Broccoli Carrot Coins	26 Roasted Turkey with Pasta PB & Jelly Sandwich Grilled Cheese ----- Romaine Salad Mashed Potato	27 Chicken and Cheese Flatbread Egg Salad Sandwich BBQ Pulled Pork Sandwich ----- Sweet Potatoes Baked Beans	28 Sicilian Pizza Pretzel with Cheese Soft Shells ----- Green Beans Mixed Vegetables	

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