

Falconer Middle/High School Breakfast Menu

January
2022





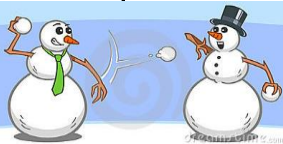

Menu Subject to Change

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
2	<p>3</p> <p>French Toast</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>4</p> <p>Cinnamon Roll</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>5</p> <p>Cinnamon sticks</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>6</p> <p>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>7</p> <p>Sausage & Cheese on a Biscuit</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
3	<p>10</p> <p>Waffles</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>11</p> <p>Churro</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>12</p> <p>Cinnamon Roll</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>13</p> <p>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>14</p> <p>Breakfast Burrito</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
4	<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>Pancakes</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>19</p> <p>Churro</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>20</p> <p>Cinnamon Roll</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>21</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>24</p> <p>Martin Luther King Jr</p> 	<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>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>27</p> <p>Pretzel with cheese</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>28</p> <p>Breakfast Burrito</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
2	<p>31</p> <p>French Toast</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>				

*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 Choose one
take at -----
least 3 Choose one

Choose one

This institution is an equal opportunity Provider
and Employer