

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**



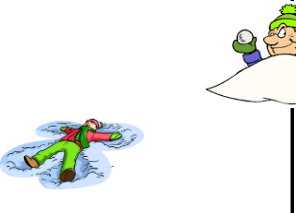
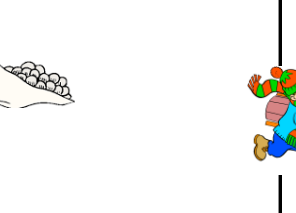
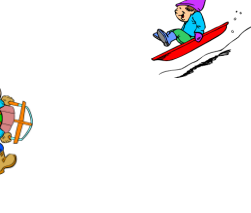
**January
2022**



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
3	3 Taco & Cheese Flatbread Chicken Tenders with Rice Corn Broccoli	4 French Toast Sticks with Scrambled Eggs & Sausage Grilled Cheese Green Beans Hash Browns	5 Mac & Cheese Variety Pizza Baked Beans Carrots 3/4	6 Pork Patty on a Bun Cheeseburger on a Bun Romaine Salad Corn	7 Chicken Fajita Wrap Chicken Patty on a Bun Mixed Vegetables Carrots 3/4
4	10 Taco in a bag Chicken Tenders with Noodles Corn Fries	Promo 11 Falcon Lunchable Grilled Cheese Carrots 3/4 Peas National Milk Day	12 BBQ Pulled Pork Sandwich Variety Pizza Mixed Vegetables Green Beans	13 Chicken Twisters Cheeseburger on a Bun Baked Beans Corn	14 Roasted Turkey with Biscuit Chicken Patty on a Bun Broccoli Green Beans
5	17 Martin Luther King Jr  Martin Luther King, Jr. January 15, 1929	18 Sweet Sour Chicken with Rice Grilled Cheese Romaine Salad Mashed Potato	19 Mozz sticks with Sauce Variety Pizza Corn Peas	20 BBQ Pulled Pork Sandwich Cheeseburger on a Bun Broccoli Carrots 3/4	21 Meatball Sub Chicken Patty on a Bun Mixed Vegetables Baked Beans
1	24 Sweet Sour Chicken with Rice Chicken Tenders with Rice Steamed Broccoli Corn	25 Spaghetti with Meatsauce Grilled Cheese Carrots 3/4 Green Beans	26 Taco in a bag Variety Pizza Baked Beans Fries	27 BBQ Pulled Pork Sandwich Cheeseburger on a Bun Green Beans Carrots 3/4	28 Join us for BREAKFAST
2	31 Meatball Sub Chicken Tenders with Noodles Green Beans Corn				

*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
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