

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**




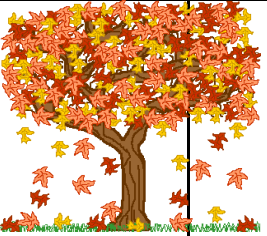

**November
2021**



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
5	1 Mac & Cheese Chicken Tenders with Noodles Green Beans Carrot 3/4	2 Sweet Sour Chicken with Rice Grilled Cheese Romaine Salad Mashed Potato	3 Mozz stix with Sauce Varitly Pizza Corn Peas	4 BBQ Chicken Sandwich Cheeseburger on a bun Broccoli Carrots 3/4	5 Meatball Sub Chicken Patty on a Bun Mixed Vegetables Baked Beans
1	8 Sweet Sour Chicken with Rice Chicken Tenders with Rice Steamed Broccoli Corn	9 Spaghetti with Meatsauce Grilled Cheese Carrots 3/4 Green Beans	10 Taco In a bag Varitly Pizza Baked Beans Fries	11  <i>Promo</i> National Pizza Day	12 Itallan Dunkers with sauce Chicken Patty on a Bun Carrots 3/4 Peas
2	15 Meatball Sub with Rice Chicken Tenders with Rice Steamed Broccoli Corn	16 Spaghetti with Meatsauce Grilled Cheese Carrots 3/4 Green Beans	17 Taco in a bag Varitly Pizza Baked Beans Fries	18 BBQ Pulled Pork Sandwich Cheeseburger on a bun Green Beans Carrots 3/4	19 Italian Dunkers with sauce Chicken Patty on a Bun Carrots 3/4 Peas
3	22 Taco & Cheese Chicken Tenders with Noodles Green Beans Corn	23 Mac & Cheese Grilled Cheese Steamed Broccoli Corn	24 	25 Happy Thanks giving	26 
4	29 Taco in a bag Flatbread Chicken Tenders with Rice Corn	30 Spaghetti with Scrambled Eggs & Sausage Grilled Cheese Green Beans			

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