

Falconer Middle/High School Breakfast Menu



October
2021







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					1 Breakfast Burrito ----- 100% Juice Fresh or Prepared Fruit ----- Milk
2	4 French Toast ----- 100% Juice Fresh or Prepared Fruit ----- Milk	5 Cinnamon Roll ----- 100% Juice Fresh or Prepared Fruit ----- Milk	6 Cinnamon sticks ----- 100% Juice Fresh or Prepared Fruit ----- Milk	7 Donut ----- 100% Juice Fresh or Prepared Fruit ----- Milk	8 Breakfast Burrito ----- 100% Juice Fresh or Prepared Fruit ----- Milk
3	11  Columbus Day	12 Churro ----- 100% Juice Fresh or Prepared Fruit ----- Milk	13 Cinnamon Roll ----- 100% Juice Fresh or Prepared Fruit ----- Milk	14 Donut ----- 100% Juice Fresh or Prepared Fruit ----- Milk	15 Sausage & Cheese on a Biscuit ----- 100% Juice Fresh or Prepared Fruit ----- Milk
4	18 Donut ----- 100% Juice Fresh or Prepared Fruit ----- Milk	19 Pancakes ----- 100% Juice Fresh or Prepared Fruit ----- Milk	20 Churro ----- 100% Juice Fresh or Prepared Fruit ----- Milk	21 Cinnamon Roll ----- 100% Juice Fresh or Prepared Fruit ----- Milk	22 Supt Day 
1	25 Cinnamon Roll ----- 100% Juice Fresh or Prepared Fruit ----- Milk	26 Cinnamon sticks ----- 100% Juice Fresh or Prepared Fruit ----- Milk	27 Donut ----- 100% Juice Fresh or Prepared Fruit ----- Milk	28 Pretzel with cheese ----- 100% Juice Fresh or Prepared Fruit ----- Milk	29 HALLOWEEN  Breakfast Burrito ----- 100% Juice Fresh or Prepared Fruit ----- Milk

*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
take at
least 3**

Choose one

Choose one

Choose one

This institution is an equal opportunity Provider
and Employer