

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**



**October
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 Meatball Sub Chicken Patty on a Bun Romaine Salad Mashed Potato
1	4 Sweet Sour Chicken with Rice Chicken Tenders with Rice Steamed Broccoli Corn	5 Spaghetti with Meatsauce Grilled Cheese Carrots 3/4 Green Beans	6 Taco in a bag Variety Pizza Baked Beans Fries	7 BBQ Pulled Pork Sandwich Cheeseburger on a bun Green Beans Carrots 3/4	8 Italian Dunkers with sauce Chicken Patty on a Bun Carrots 3/4 Peas
2	11 Columbus Day 	12 Mac & Cheese Grilled Cheese Steamed Broccoli Corn	13 Sweet Sour Chicken with Rice Variety Pizza Corn Carrots 3/4	14 Taco in a bag Cheeseburger on a bun Mixed Vegetables Mashed Potato	15 Roasted Turkey with Biscuit Chicken Patty on a Bun Green Beans Mashed Potato
3	18 Taco & Cheese Flatbread Chicken Tenders with Rice Corn Broccoli	19 French Toast Sticks with Scrambled Eggs & Sausage Grilled Cheese Green Beans Hash Browns	20 Mac & Cheese Variety Pizza Baked Beans Carrots 3/4	21 Chicken Fajita Wrap Cheeseburger on a bun Mixed Vegetables Corn	22 Supt Day
4	25 Taco in a bag Chicken Tenders with Noodles Corn Fries 	26 Spaghetti with Meatsauce Grilled Cheese Carrots 3/4 Peas	27 BBQ Pulled Pork Sandwich Variety Pizza Mixed Vegetables Green Beans 	28 Chicken Twisters Cheeseburger on a bun Baked Beans Corn 	29 ^{Promo} Graveyard Pizza Chicken Patty on a Bun Broccoli 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