

Falconer Middle/High School Breakfast Menu

September 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	<p>Glad to see you could make it</p>				
2	<p>6</p> <p>Labor day</p> <p>no school</p>	<p>7</p> <p>Cinnamon Roll</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>8</p> <p>Cinnamon sticks</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>9</p> <p>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>10</p> <p>Breakfast Burrito</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
3	<p>13</p> <p>Cinnamon Roll</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>14</p> <p>Cinnamon sticks</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>15</p> <p>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>16</p> <p>Pretzel with cheese</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>17</p> <p>Breakfast Burrito</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
4	<p>20</p> <p>French Toast</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>21</p> <p>Cinnamon Roll</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>22</p> <p>Cinnamon sticks</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>23</p> <p>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>24</p> <p>Breakfast Burrito</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>
1	<p>27</p> <p>Cinnamon Roll</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>28</p> <p>Cinnamon sticks</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>29</p> <p>Donut</p> <p>-----</p> <p>100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Milk</p>	<p>30</p> <p>Pretzel with cheese</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 take at least 3

Choose one

Choose one

Choose one

This institution is an equal opportunity Provider and Employer