



BREAKFAST MEALS

Served with Milk,
Juice, and Fruit

ALL MENU ITEMS SUBJECT TO CHANGE

This Institution is an Equal Opportunity Provider

LUNCH MENU

Served with Milk, Fruit
and Salad Bar



Falcons Nutrition Tip: Pick ONE thing each week to change in your nutrition. Once it has become a habit, pick something new!

Monday

Reading the Menu: **1**
Breakfast Meal is in Italic
Lunch Meal is in Bold

Tuesday

Mini Waffles, Mixed Fruit **2**

**Hamburgers, Bean Bake,
Spiral Fries, Peaches**

Wednesday

*Cereal, Granola Bar,
Applesauce* **3**

**Breaded Pork Pattie, Mashed
Potatoes, Broccoli,
Applesauce, WG Bread**

Thursday

*Pancakes, Turkey Links,
Syrup, Pears* **4**

**Chicken Noodle Soup,
Carrots, Fruit Cocktail,
Garlic Sticks**

Friday

*Cereal, Blueberry
Muffin, Peaches* **5**

**BAG LUNCH, Turkey
Sandwich, Chips, Fruit Cup,
Baby Carrots, Treat**

No School **8**

*Yogurt Parfaits, Granola,
Teddy Grahams* **9**

**Chicken Alfredo, Garlic
Breadstick, Mixed Fruit,
Broccoli**

*Cereal, Toast, Jelly,
Pineapple* **10**

**Chili, Cinnamon Roll, Baby
Carrots, Pineapple**

*Cinnamon Roll, String
Cheese, Orange* **11**

**Popcorn Chicken, Mashed
Potatoes, Corn, Peaches,
WG Bread**

Cereal, Poptart, Peaches **12**

**Peperoni Pizza, California
Blend, Romaine Lettuce,
Applesauce**

No School **15**

*Blueberry Muffin, String
Cheese, Applesauce* **16**

**Grilled Chicken Sandwich
Sweet Potato Fries, Oranges,
Corn**

Mini Waffles, Peaches **17**

**Cheese Pizza, Strawberries,
Broccoli**

*Cereal, Poptart,
Pineapple* **18**

**Grilled Cheese, Tomato
Soup, Carrots, Pears**

*Ham, Egg, Cheese
Sandwich, Oranges* **19**

**Beef Taco with Fixings,
Refried Beans, Applesauce**

No School **22**

Cereal, Toast, Pears **23**

**Spaghetti Hotdish, Carrots,
Pineapple, Garlic Breadstick**

*Yogurt, Teddy Grahams,
Pineapple* **24**

**Salisbury Steak, Mashed
Potatoes, Corn, Peaches,
Dinner Roll**

*Cereal, Petite Cinnamon
Roll, Mixed Fruit* **25**

**Hot Dog, Baked Beans,
Pears**

*Pancakes, Turkey Links,
Syrup, Peaches* **26**

**Sub Sandwich, Sweet Potato
Fries, Green Beans, Mixed
Fruit**

No School **29**

*Breakfast Pizza,
Oranges* **30**

**Cheesy Bread with Spaghetti
Sauce, Broccoli, Mixed Fruit**

*Cereal, Poptart, Mixed
Fruit* **31**

**Chicken in Gravy, Mashed
Potatoes, Corn, Oranges, WG
Bread**

