



BREAKFAST MEAL

Served with Milk, Juice, and Fruit

ALL MENU ITEMS SUBJECT TO CHANGE

This Institution is an Equal Opportunity Provider

LUNCH MEAL

Served with Milk, Fruit and Salad Bar



Falcon Nutrition Tip: Drink plenty of water. Our bodies are about 60% water – with muscle mass carrying much more than fat tissue! We need to drink water to keep our body systems running smoothly, optimize metabolism, boost energy levels, and promote good digestion, just to name a few. Besides water, electrolytes are important especially if you exercise.



Monday

Tuesday

Wednesday

Thursday

Friday

Reading the Menu:

Breakfast is in Italic

Lunch is in Bold



2

Yogurt Parfaits, Strawberries, Blue Berries, Granola, Teddy Grahams

3

Popcorn Chicken, Mashed Potatoes, Corn, Peaches, Roll

Cereal, Toast, Jelly, Pineapple

4

Chili, Cinnamon Roll, Baby Carrots, Pineapple

Large Cinnamon Roll, Cheese Stick, Orange

5

Chicken Alfredo, Garlic Breadstick, Oranges, Broccoli

Cereal, Poptart, Peach Slices

6

Pepperoni Pizza, California Blend, Romaine Lettuce Applesauce

No School

9

Blueberry Muffin, String Cheese, Applesauce

10

Grilled Chicken on WG Bun, Sweet Potato Fries, Corn, Fresh Oranges

Mini Waffles, Peaches

11

Taco's on WG Shell with Fixings, Applesauce, Refried Beans

Cereal, Poptart, Pineapple

12

Grilled Cheese, Tomato Soup, Carrots, Pear Slices

Ham, Egg and Cheese Sandwich, Oranges

13

Cheese Pizza, Strawberries, Broccoli

No School

Snow Make up Day

16

Cereal, Toast, Jelly, Pear Slices

17

Beef Hotdog on WG Bun, Baked Beans, Pears

Yogurt, Teddy Grahams, Pineapple

18

Salisbury Steak, Mashed Potatoes, Beef Gravy, Corn, Peach Slices, WG Bread

Cereal, Petite Cinnamon Roll, Mixed Fruit

19

Spaghetti Hotdish, Garlic Breadsticks, Pineapple, Carrots

Pancakes, Turkey Link, Syrup, Peach Slices

20

Sub Sandwiches, Sweet Potato Fries, Apple, Green Beans, Romaine Lettuce

No School

23

Breakfast Pizza, Oranges

24

Pork & Gravy, Mashed Potatoes, Corn, Oranges, Dinner Roll

Cereal, Poptart, Mixed Fruit

25

Hot Turkey & Cheese Sandwich, Spiral Fries, Broccoli, Pineapple

Breakfast Bites, Syrup, Applesauce

26

Tater Tot Hotdish, Strawberries, Carrots, WG Bread

Cereal, Toast, Jelly, Peach Slices

27

Corn Dog, Baked Beans, Sliced Peaches

No School

30

