



BREAKFAST MEALS

Served with Milk,
Juice and Fruit

ALL MENU ITEMS SUBJECT TO CHANGE

This Institute is an Equal Opportunity Provider

LUNCH MEALS

Served with Milk, Fruit
and Salad Bar



Falcon Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



Cereal, Poptart, Mixed Fruit **1**

Breakfast Bites, Syrup, Applesauce **2**

Cereal, Toast, Jelly, Peaches **3**

Mini Corn Dogs, Baked Beans, Sliced Pears

Turkey in Gravy, Mashed Potatoes, Corn, Fresh Fruit

Tator tot Hotdish, Carrots, Strawberries, Bun

NO SCHOOL **6**

Mini French Toast, Pears **7**

Cereal, Poptart, Mixed Fruit **8**

Cinnamon Coffee Cake, String Cheese, Orange **9**

Cereal, Granola Bar, Peaches **10**

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

BBQ on Bun, Baked Beans, Fruit Cocktail

Hamburger Gravy over Mashed Potatoes, Peas, Peach Slices

Chicken Quesadilla, Broccoli, Fruit

Chicken Nuggets, Sweet Potato Fries, Carrots, Applesauce, Cookie

NO SCHOOL **13**

Cereal, Granola Bar, Apple **14**

French Toast Sticks, Syrup, Mixed Fruit **15**

Pancakes, Syrup, Turkey links, Applesauce **16**

Cereal, Blueberry Muffin, Peaches **17**

Hamburgers, Calico Beans, Spiral Fries, Peaches

Breaded Pork Pattie, Mashed Potatoes, Broccoli, Pineapple

Chicken Noodle Soup, Carrots, Garlic Breadstick, Fruit Cocktail

BAG LUNCH, Sandwich, Chips, Fruit Cup, Carrots, Birthday Treat

Yogurt Parfait, Granola, Blueberries, Strawberries, teddy Grahams **20**

Scrambled Eggs, Toast, Jelly, Pineapple **21**

Large Cinnamon Roll, Cheese Stick, Orange **22**

NO SCHOOL **23**

NO SCHOOL **24**

Chili, Corn Bread, Baby Carrots, Pineapple

Chicken Alfredo, Garlic Breadstick, Broccoli, Orange Wedges

Ham, Cheesy Potatoes, Romaine Lettuce, Cinnamon Apples, Carrots, Bun

NO SCHOOL **27**

Blueberry Muffin, String Cheese, Applesauce **28**

Mini Waffles, Peaches **29**

Cereal, Poptart, Pineapple **30**

Cordon Bleu on a Pretzel Bun, Sweet Potato Fries, Corn, Oranges

Peperoni Pizza, Broccoli, Strawberries

Tomato Soup, Grilled Cheese Sandwich, Pear Slices, Carrots

