



BREAKFAST MEAL

Served with Milk, Juice, and Fruit

ALL MENU ITEMS SUBJECT TO CHANGE

This Institution is an Equal Opportunity Provider

LUNCH MEALS

Served with Milk, Fruit and Salad Bar



Falcon Nutrition Tip: Add Fruit to your breakfast. Fit a serving of fruit into your meal plan by eating it first thing in the morning. Fruit is easy to add to your menu whether it is fresh, frozen, dried or canned. You will start your day on a healthy foot by adding bananas to your cereal or yogurt or throwing a scoop of berries into your smoothies. The possibilities are endless!



Monday



Tuesday

Wednesday

Thursday

Friday

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



No School

5

National School Breakfast Week
March 5th-9th

Caramel Rolls, String Cheese, Applesauce

6

Beef Hotdogs, Pear Slices, Baked Beans

Bagels, Cream Cheese, Pineapple

7

Salisbury Steak, Mashed Potatoes, Gravy, Peaches, Corn, WG Bread

No School

1

Scrambled Eggs, Potato Wedges, Oranges

8

Spaghetti Hotdish, Garlic Breadstick, Pineapple, Carrots

Cereal, Poptart, Pineapple

2

Grilled Cheese, Tomato Soup, Carrots, Pears

Donuts, Colby Cheese, Peaches

9

Shrimp Poppers, Sweet Potato Fries, Romaine Lettuce, Applesauce

No School

12

Breakfast Pizza, Orange

13

Tator Tot Hotdish, Carrots, Strawberries, WG Bread

Cereal, Poptart, Mixed Fruit

14

Mini Corn Dogs, Baked Beans, Peaches

Breakfast Bites, Syrup, Applesauce

15

Chicken Nuggets, Mashed Potatoes, Corn, Oranges, Cookie

Cereal, Toast, Jelly, Peaches

16

Fish Nuggets, Spiral Fries, Broccoli, Pineapple, Birthday Treat

No School

19

Mini French Toast, Pears

20

Pulled Pork on WG Bun, Calico Beans, Fruit Cocktail

Cereal, Granola Bar, Applesauce

21

Hamburger Gravy over Mashed Potatoes, Peas, Peaches

Pancakes, Syrup, Turkey Link, Applesauce

22

Chicken Nuggets, Sweet Potato Fries, Applesauce, Carrots

Cereal, Blueberry Muffin, Peaches

23

Cheese Quesadillas, Oranges, Broccoli

Yogurt Parfaits with Fruit and Granola Teddy Grahams

26

Chicken Fajitas, Refried Beans, Spiral Fries, Sliced Peaches

Cereal, Toast, Jelly, Pineapple

27

Breaded Pork Pattie, Mashed Potatoes, Broccoli, Applesauce

Large Cinnamon Roll, String Cheese, Oranges

28

Chicken Noodle Soup, Garlic Breadstick, Fruit Cocktail, Carrots

Cereal, Poptart, Peaches

29

BAG LUNCH Turkey & Cheese Sandwich, Doritos, Fruit Cup, Baby Carrots, Treat

No School

30