



Don't forget to eat your vegetables.

MHS Falcon Breakfast Menu

December 2018

MONDAY

3
Warm Mini Maple Eggo Pancakes
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Orange Juice
Milk

TUESDAY

4
Chocolate Chip Muffin with String Cheese
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Apple Juice
Milk

WEDNESDAY

5
Ham and Cheese Bagel
OR
Choice of WG Cereal
Graham Crackers

Hash Brown
Fresh Fruit
Milk

THURSDAY

6
**** NEW****
Breakfast Banana Split
Yogurt Parfait
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Orange Juice
Milk

FRIDAY

7
Bacon Egg, Cheese Biscuit
OR
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
Milk

10
WG Long John with Drizzle
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Canned Fruit
Milk

11
****National Bagel Day!****
Bagel Bar
Assorted Warm Bagels with different spreads
Cream cheese, fruit

Orange Juice
Milk

12
Cheesy Ham Melt
OR

Choice of WG Cereal
Graham Crackers
Tator Tots
Fresh Fruit
Milk

13
Iced Cinnamon Roll
OR

Choice of WG Cereal
Graham Crackers
Vegetable Selection
Orange Juice
Milk

14
NO School Today!

17
Chocolate Chip Oatmeal Breakfast Round
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Canned Fruit
Milk

18
Breakfast Burrito with Salsa
OR
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Milk

19
Ham and Cheese Bagel
OR
Choice of WG Cereal
Graham Crackers

Hash Brown
Fresh Fruit
Milk

20
Mini Bagel with Cinnamon Cream Cheese
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Orange Juice
Milk

21
Bacon Egg, Cheese Biscuit
OR
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
Milk

24
Checkout the Christmas Lights!

25
Have a Wonderful Winter Break!

26
Read a Book!

27
Learn something new today!

28
Visit your Grandparents!

31
No School Today
See you in 2019!!!

1
Happy New Year!
Chocolate Chip Muffin with String Cheese
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Apple Juice
Milk

2
Cheesy Ham Melt
OR

Choice of WG Cereal
Graham Crackers
Hash Brown
Fresh Fruit
Milk



PRICES

Regular	\$2.00
Reduced	\$0.30
Milk	\$0.45
Adult	\$2.55

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate
Skim is included with lunch.
For questions or comments, contact
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