



Don't forget
to eat your
vegetables.

MHS Falcon Menu

January
2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Happy 2019!!
Make it a Great Year!

2
See YOOU at Breakfast!

3
Bacon Egg,Cheese on
English Muffin
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Canned Fruit
Milk

4
Ham and Cheese Bagel
OR
Turkey Apple Biscuit
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Milk

7
WG Long John with
Drizzle
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Canned Fruit
Milk

8
Breakfast Burrito
with Salsa
OR
Graham Crackers
Vegetable Selection

Apple Juice
Milk

9
Cheesy Ham Melt
OR
Choice of WG Cereal
Graham Crackers

Hash Brown
Fresh Fruit
Milk

10
Breakfast Banana Split
Yogurt Parfait
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Orange Juice
Milk

11
>>National Milk Day<<

** NEW Cereal Bar**

Choice your Cereal
Fruity Toppings
and Milk
Great Way to Start the Day!

14
Bacon Egg,Cheese on
English Muffin
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Canned Fruit
Milk

15
** NEW**
Biscuits & Gravy
OR
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Milk

16
Cheesy Ham Melt
OR
Choice of WG Cereal
Graham Crackers

Hash Brown
Fresh Fruit
Milk

17
No School Today!

18
No School Today!

21
MLK Holiday
No School Today!

22
Oatmeal with your Favorite
Assorted Topping
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Orange Juice
Milk

23
** Breakfast Sandwich**
Egg,Ham & Cheese
on a Sweet Brioche Bun
OR
Choice of WG Cereal
Graham Crackers
Hash Browns
Fresh Fruit
Milk

24
Breakfast Burrito with Salsa
OR
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Orange Juice
Milk

25
Ham and Cheese Bagel
OR
Turkey Apple Biscuit
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Milk

28
Turkey Sausage Biscuit
OR
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
Milk

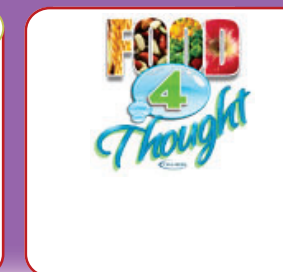
29
Breakfast Banana Split
Yogurt Parfait
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Orange Juice
Milk

30
Cheesy Ham Melt
OR
Choice of WG Cereal
Graham Crackers

Hash Browns
Fresh Fruit
Milk

31
Waffle/Sausage Sandwich
OR
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Milk



PRICES

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



EXTRA INFO

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