



Don't forget
to eat your
vegetables.

MHS Falcon Breakfast Menu

February
2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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

1
Ham and Cheese Bagel
OR
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Milk

4
WG Long John with
Drizzle
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Canned Fruit
Milk

5
Breakfast Burrito
with Salsa
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Apple Juice
Milk

6
Ham and Cheese Bagel
OR
Choice of WG Cereal
Graham Crackers

Hash Brown
Fresh Fruit
Milk

7
Cereal Bar

Choice your Cereal
Fruity Toppings
and Milk

Great Way to Start the Day!

8
Warm Mini Eggo Maple
Pancakes
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Milk

11
Bacon Egg,Cheese on
English Muffin
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Canned Fruit
Milk

12
Breakfast Banana Split
Yogurt Parfait
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Orange Juice
Milk

13
Cheesy Ham Melt
OR
Choice of WG Cereal
Graham Crackers

Hash Brown
Fresh Fruit
Milk

14
Oatmeal with your Favorite
Assorted Topping
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Orange Juice
Milk

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

Vegetable Selection
Apple Juice
Milk

18
Sausage & Egg Biscuit
OR
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
Milk

19
Breakfast Burrito
with Salsa
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Apple Juice
Milk

20
Ham and Cheese Bagel
OR
Choice of WG Cereal
Graham Crackers

Hash Brown
Fresh Fruit
Milk

21
Cereal Bar

Choice your Cereal
Fruity Toppings
and Milk

Great Way to Start the Day!

22
No School Today!

25
Bacon Egg,Cheese on
English Muffin
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Canned Fruit
Milk

26
WG Long John with
Drizzle
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Canned Fruit
Milk

27
Cheesy Ham Melt
OR
Choice of WG Cereal
Graham Crackers

Hash Brown
Fresh Fruit
Milk

28
Oatmeal with your Favorite
Assorted Topping
OR
Choice of WG Cereal
Graham Crackers
Vegetable Selection
Orange 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 contact Patty Yanasak
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Call 414.371.7045

