


# FALLSBURG CENTRAL SCHOOL DISTRICT BREAKFAST MENU 2016/17

FALLSBURG HS		BEN COSOR ES
<b>Monday</b>		<b>Monday</b>
<p>May take 2 WG Cereals <b>OR</b> one WG bagel with 1 butter pat or cream cheese <b>OR</b> ww Breakfast Burrito w. egg AND <b>Juice &amp; Fresh Fruit**</b> Plus- May take one of each below: Choice of 1% Milk or FF Choc Milk</p>		<p><b>BREAKFAST IN THE CLASSROOM</b> Cereal Meal Graham and Juice Box Fresh Fuit  Choice of Skim, 1% Milk or FF Chocolate Milk</p>
<b>Tuesday</b>		<b>Tuesday</b>
<p>May take 2 WG Cereals <b>OR</b> one WG bagel with 1 butter pat or cream cheese <b>OR</b> WG Pancakes with Butter Pat &amp; Syrup AND <b>Juice &amp; Fresh Fruit**</b> Plus- May take one of each below: Choice of 1% Milk or FF Choc Milk</p>	<p><b>Fun Facts about Breakfast.</b></p> <p><b>DID YOU KNOW??</b></p> <p>The meaning of the word breakfast is to break from fasting. If you eat dinner at 6:00pm and you wake up the next morning to eat breakfast at 6:00 am, you have been fasting for 12 hours!!</p> <p><b>Breakfast REALLY is the Most Important Meal of the day!</b></p> <p>Fuel up with a healthy breakfast to start your day!</p>	<p><b>BREAKFAST IN THE CLASSROOM</b> Mini WG Maple Burst Pancakes Fresh Fruit Juice Choice of Skim, 1% Milk or FF Chocolate Milk</p>
<b>Wednesday</b>		<b>Wednesday</b>
<p>May take 2 WG Cereals or one WG bagel with 1 butter pat or cream cheese <b>OR</b> WW French Toast Sticks w Syrup <b>OR-Fruit/Yogurt Parfait/granola</b> AND <b>Juice &amp; Fresh Fruit**</b> Plus- May take one of each below: Choice of 1% Milk or FF Choc Milk</p>		<p><b>BREAKFAST IN THE CLASSROOM</b> Nutrigrain Meal Graham Juice Box Fresh Fruit  Choice Skim, of 1% Milk or FF Chocolate Milk</p>
<b>Thursday</b>		<b>Thursday</b>
<p>May take 2 WG Cereals or one WG bagel with 1 butter pat or cream cheese <b>OR</b> WG Breakfast Pizza AND Juice &amp; Fresh Fruit** Plus- May take one of each below: Choice of 1% Milk or FF Choc Milk</p>		<p><b>BREAKFAST IN THE CLASSROOM</b> WG Breakfast on a Stick Fresh Fruit Juice  Choice of Skim, 1% Milk or FF Chocolate Milk</p>
<b>Friday</b>		<b>Friday</b>
<p>May take 2 WG Cereals or One WG Bagel with 1 butter pat or cream cheese <b>OR</b> <b>Bacon Egg and Cheese Muffin Sandwich</b> AND Juice &amp; Fresh Fruit** Plus- May take one of each below: Choice of 1% Milk or FF Choc Milk</p>	<p><small>**The USDA is an equal opportunity employer</small></p>	<p><b>BREAKFAST IN THE CLASSROOM</b> Cereal Meal Graham and Juice Box Fresh Fuit  Choice of Skim, 1% Milk or FF Chocolate Milk</p>