

Stanley G. Falk School Breakfast K-12

March 2024

#FalkForward
Foodie
Corner
 (Recipes, Facts and Fun)

Monday	Tuesday	Wednesday	Thursday	Friday
				¹ Cereal & Yogurt 100% Fruit Juice Non or Low Fat Milk
⁴ Cereal & Muffin Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	⁵ Breakfast Pizza Bagel Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	⁶ Mini Pancakes Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	⁷ WG Cinnamon Roll Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	⁸ Pop Tart & Yogurt 100% Fruit Juice Non or Low Fat Milk
¹¹ Mini Pancakes Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	¹² Egg & Cheese Bagel Sandwich Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	¹³ Cinni Minis Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	¹⁴ Cereal & Muffin Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	¹⁵ No School Superintendent Conference Day
¹⁸ Breakfast Pizza Bagel Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	¹⁹ WG Cinnamon Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	²⁰ Mini Pancakes Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	²¹ Egg & Cheese Bagel Sandwich Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	²² Bagel & Toppings Fresh Fruit 100% Fruit Juice Non or Low Fat Milk
²⁵ WG Cinnamon Roll Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	²⁶ Yogurt & Cereal Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	²⁷ French Toast Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	²⁸ Bagel & Toppings Fresh Fruit 100% Fruit Juice Non or Low Fat Milk	²⁹ Spring Recess Begins

Easy Breakfast Egg Muffins

Ingredients:

Crescent Rolls, 12 Eggs
 ¼ diced red onion, ¼ c shredded cheese, 1/4c green pepper.

Directions:



Grease muffin pan and line with crescent rolls
 Crack one egg inside each crescent roll cup



Sprinkle with red onion, peppers and cheese.

Bake at 375 for 12 minutes



ENJOY!!

#FalkForward Fitness Zone

Classroom Energizers! What are they....?????

Classroom energizers activate the brain, improve on-task behavior and leave students more focused and ready to learn. There are many fun and creative ways to include fitness breaks in the daily schedule, and many resources are available to help schools get started.

Check Out these sites for more information:

Go Noodle: www.gonoodle.com

Energizing Brain Breaks: energizingbrainbreaks.com

Brain Gym: braingym.org

Yoga Kids: yogakids.com

