

Meal Prices	
Breakfast 9 th - 12 th	\$1.55
Reduced	\$0.30
Adult Breakfast	A la Carte
9 th - 12 th Grades Lunch	\$2.55
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

A la Carte Prices			
Breakfast Entrée	\$1.50	Lunch Entrée/Meal Deal *	\$2.00/\$2.60
Vegetable or Fruit Side	\$0.75	Milk	\$0.45
Brownie	\$0.85	Popcorn	\$1.00
Chips	\$0.75	Cookie	\$0.65
Tropicana Juice	\$2.00	IV-8 Fusion	\$1.50
Fruit 66 Juice	\$1.50	G2 Gatorade	\$1.25
Bottle Water	\$0.75	Rice Krispy	\$1.00



SquareMeals.org

*An extra entrée that counts as a reimbursable meal

BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pizza Empanada Waffles Cereal Cup	Pancake Sausage Wrap Donut Oatmeal Raisin Bar Cereal Cup	French Toast Potato Taquito Strawberry Smoothie Cereal Cup	Mini Bagel Muffin w/ Yogurt Kolache Cereal Cup	Pizza Bagel Breakfast Bacon Taquito Breakfast Calzone Cereal Cup
Fresh Fruit, Fruit Juice and Milk	Fresh Fruit, Fruit Juice and Milk	Fresh Fruit, Fruit Juice and Milk	Fresh Fruit, Fruit Juice and Milk	Fresh Fruit, Fruit Juice and Milk
Cinnamon Swirl Sausage Biscuit Banana Bread Cereal Cup	Kolache Potato Taquito Breakfast Slider Cereal Cup	Mini Pancake Bites Chicken Patty Biscuit Peach Parfait Cereal Cup	Muffin w. yogurt Breakfast Burrito Pizza Bagel Cereal Cup	Mini Cinnamon Rolls Breakfast Sausage Taquito Breakfast Bacon Scramble Cereal Cup
Fresh Fruit, Fruit Juice and Milk	Fresh Fruit, Fruit Juice and Milk	Fresh Fruit, Fruit Juice and Milk	Fresh Fruit, Fruit Juice and Milk	Fresh Fruit, Fruit Juice and Milk

Hornet Café

Flour Bluff ISD School Nutrition
2016-2017
High School Menu

Our Mission is to provide nutritious well-balanced meals that encourage long lasting healthy eating choices.



Lunch Meal Deal: Includes 3 to 5 different food components. A fruit or vegetable **MUST** be selected for a complete Meal Deal (Reimbursable Meal)

- Food Components:
1. Meat
 2. Grain (all Whole Grain)
 3. Fruit
(Select up to two fruits)
 4. Vegetable
(Select up to two vegetables)
 5. Milk

Payment options:

Cashiers are available to accept payments during breakfast and lunch at each campus and at Central Kitchen. Or you may log on to www.flourbluffschoools.net and click the lunch menu icon for online payment



Breakfast Meal Deal: Includes 3 food components. A fruit or vegetable **MUST** be selected for a complete Meal Deal (Reimbursable Meal)

Food Components:

1. Grain (with optional meat allowed) all Whole Grain
2. Fruit/Vegetable (select up to two components)
3. Milk

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August 2016

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September 2016

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October 2016

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November 2016

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December 2016

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Monday

Tuesday

Wednesday

Thursday

Friday

Meat & Grain Component	Monday	Tuesday	Wednesday	Thursday	Friday
Meat & Grain Component	PEPPERONI PIZZA STEAK FINGER HOAGIE SANDWICH TURKEY & CHEESE CROISSANT COUNTRY STEAK PATTY w/ GARLIC BREAD MEDITERRANEAN DIP PLATE	CHICKEN NUGGETS w/ BISCUIT CHILI CHEESE HOT DOG w/ CRACKERS VEGGIE WRAP CLUX DELUXE BURGER FRENCH BREAD PIZZA	SALISBURY STEAK w/ ROLL CHICKEN BURGER CHEF SALAD BIG DADDY PEPPERONI PIZZA BISTRO PASTA SALAD	SPAGHETTI & MEAT SAUCE w/ BREADSTICK CHICKEN FAJITA PITA HAM & CHEESE SUB BONELESS HOT WING w/ BISCUIT FIESTA SALAD	MOZZARELLA PIZZA STICKS BEAN & CHEESE BURRITO TUNA SALAD TANGERINE CHICKEN w/ RICE SAVORY CHICKEN BREAD BOWL
Vegetable & Fruit Component	BABY CARROTS, MIXED VEGETABLES, GARDEN SALAD DICED PEARS, ASSORTED FRESH FRUIT, FRUIT JUICE	SWEET POTATERS, ROASTED CAULIFLOWER, ROMAINE SALAD FLAVORED APPLESAUCE, ASSORTED FRESH FRUIT, FRUIT JUICE	FRESH BROCCOLI, SEASONED PINTO BEANS, SPRING SALAD FRUITED GELATIN, ASSORTED FRESH FRUIT, FRUIT JUICE	CALIFORNIA BLEND VEGETABLES, CELERY STICKS, SPINACH SALAD MANDARIN ORANGES, ASSORTED FRESH FRUIT, FRUIT JUICE	POTATO CUBES, CORN, CUCUMBER SLICES PINEAPPLE TIDBITS, ASSORTED FRESH FRUIT, FRUIT JUICE
Meat & Grain Component	CHEESE PIZZA FRITO PIE TURKEY & CHEESE CROISSANT VEGGIE CROISSANT LG. CHEF SALAD	POPCORN CHICKEN w/ CORNMEAL CORN DOG CHICKEN FAJITA SALAD CLUX DELUXE BURGER PIZZA CALZONE	TERIYAKI CHICKEN w/RICE CHEESEBURGER BIG DADDY PEPPERONI PIZZA VEGGIE WRAP CHICKEN FLAUTA	TURKEY & GRAVY w/ROLL TACO SALAD HAM & CHEESE SUB BONELESS HOT WING w/ BISCUIT FIESTA SALAD	FISH STICKS w/ MACARONI & CHEESE CHICKEN TENDERS w/ GINGERBREAD CHICKEN SALAD BBQ RIB HOAGIE KALE & RICE SALAD
Vegetable & Fruit Component	GREEN BEANS, STEAMED BROCCOLI, GARDEN SALAD DICED PEARS, ASSORTED FRESH FRUIT, FRUIT JUICE	CROSS-CUT SWEET POTATO, GREEN PEAS, SPINACH SALAD PINEAPPLE TIDBITS, ASSORTED FRESH FRUIT, FRUIT JUICE	CURLY FRIES, VEGETABLE SOUP, LETTUCE/TOMATO SIDE SALAD FRUIT MIX, ASSORTED FRESH FRUIT, FRUIT JUICE	MASHED POTATO, BABY CARROTS, ROMAINE SALAD MANDARIN ORANGES, ASSORTED FRESH FRUIT, FRUIT JUICE	BAKED BEANS, COLESLAW, SPRING SALAD DICED PEACHES, ASSORTED FRESH FRUIT, FRUIT JUICE

Milk Component: Choice of Fat Free Chocolate, 1% White Milk, Skim Milk

Note: Menu Subject to change without notice

White Box = No School

January 2017

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February 2017

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March 2017

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April 2017

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May 2017

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