

Hornet Café

Flour Bluff ISD School Nutrition
2016-2017
Junior High School Menu

Meal Prices	
Breakfast 7 th - 8 th	\$1.55
Reduced	\$0.30
Adult Breakfast	A la Carte
7 th - 8 th Grades Lunch	\$2.55
Reduced Lunch	\$0.40
Adult Lunch	\$3.50



SquareMeals.org

A la Carte			
Breakfast Entree	\$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	Fruit Juice	\$1.50
Bottle Water	\$0.75	Rice Krispy	\$1.00

*An extra entrée that counts as a reimbursable meal

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
4. Vegetable (select up to 2 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.flourbluffschools.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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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer

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 Breakfast slider Potato Taquito 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 Scrambled 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

August 2016						
S	M	T	W	T	F	S
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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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	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<i>Ment & Grain Component</i>	Pepperoni Pizza Steak Fingers 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 and Cheese Burrito Tuna Salad Tangerine Chicken w/Rice Savory Chicken Bread Bowl
<i>Vegetable & Fruit Component</i>	Baby Carrots, Mixed Vegetables, Garden Salad Diced Pears <i>or</i> Red Apple <i>or</i> Fruit Juice	Sweet Taters, Roasted Cauliflower, Romaine Salad Flavored Applesauce <i>or</i> Orange <i>or</i> Fruit Juice	Fresh Broccoli, Seasoned Pinto Beans Spring Salad Fruited Gelatin <i>or</i> Green Apple <i>or</i> Fruit Juice	California Blend Vegetables, Celery Sticks, Spinach Salad Mandarin Oranges <i>or</i> Banana <i>or</i> Fruit Juice	Potato Cubes, Corn, Cucumber Slices Pineapple Tidbits <i>or</i> Fruit of the Week <i>or</i> Fruit Juice
<i>Ment & Grain Component</i>	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 Beef/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
<i>Vegetable & Fruit Component</i>	Green Beans, Steamed Broccoli, Garden Salad Diced Pears <i>or</i> Red Apple <i>or</i> Fruit Juice	Cross-cut Sweet Potato, Green Peas, Spinach Salad Pineapple Tidbits <i>or</i> Orange <i>or</i> Fruit Juice	Curly Fries, Vegetable Soup, Lettuce/Tomato Side Salad Fruit Mix <i>or</i> Green Apple <i>or</i> Fruit Juice	Mashed Potato, Baby Carrots, Romine Salad Mandarin Oranges <i>or</i> Banana <i>or</i> Fruit Juice	Baked Beans, Coleslaw, Spring Salad Applesauce <i>or</i> Fruit of the Week <i>or</i> Fruit Juice

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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28	29	30	31			