



Meal Prices	
Breakfast	Free
Adult Breakfast	A la Carte
Pk-K Grade Lunch	\$1.85
1st - 4th Grade Lunch	\$2.10
5th - 6th Grade Lunch	\$2.55
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

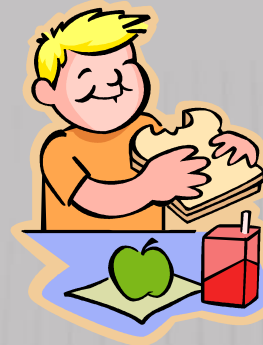
Intermediate Extra A La Carte	
Bottle Water	\$0.75
Brownie	\$0.85
Popcorn	\$1.00
Chips	\$0.75
Cookie	\$.65
Rice Krispy	\$1.00

A La Carte	
Breakfast Entree	\$1.50
Lunch Entrée/Meal Deal*	\$2.00/ \$2.60
Vegetable or Fruit Side	\$0.75
Milk	\$0.45

*An extra entrée that counts as a reimbursable meal



SquareMeals.org



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

Hornet Café

Flour Bluff ISD School Nutrition
2016-2017
PreK – 6th Grade Menu

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.flourbluffschoools.net and click the lunch menu icon for online payment.

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

Food Components:

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



Breakfast Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Banana Bread Cereal Cup	Pancake Sausage Wrap Cereal Cup	French Toast Cereal Cup	Mini Bagel Cereal cup	Pizza Bagel Cereal Cup
Raisins, Juice and Milk	Red Apple, Juice and Milk	Orange, Juice and Milk	Banana, Juice and Milk	Green Apple, Juice and Milk
Cinnamon Swirl Cereal Cup	Kolache Cereal Cup	Mini Pancake Bites Cereal Cup	Muffin w/ yogurt Cereal Cup	Mini Cinnamon Rolls Cereal Cup
Dry Fruit, Juice and Milk	Red Apple, Juice and Milk	Orange, Juice and Milk	Banana, Juice and Milk	Green Apple, Juice and Milk

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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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	Monday	Tuesday	Wednesday	Thursday	Friday
Meat & Grain Component	Pepperoni Pizza Steak Finger Hoagie Sandwich Turkey & Cheese Croissant	Chicken Nuggets w/Biscuit Chili Cheese Hot dog Sunbutter Sandwich	Salisbury Steak w/Roll Chicken Burger Chef Salad	Spaghetti & Meat Sauce w/Breadstick Chicken Fajita Pita Ham & Cheese Sandwich	Mozzarella Pizza Sticks Bean & Cheese Burrito Tuna Salad
Vegetable & Fruit Component	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 Tidbit <i>or</i> Fruit of the Week <i>or</i> Fruit Juice
Meat & Grain Component	Cheese Pizza Frito Pie Turkey & Cheese Croissant	Popcorn Chicken w/Cornmeal Corn Dog Sunbutter Sandwich	Teriyaki Chicken w/Rice Cheeseburger Chef Salad	Turkey & Gravy w/Roll Taco Salad Ham & Cheese Sandwich	Fish Sticks w/Macaroni & Cheese Chicken Tenders w/Ginger Bread Chicken salad
Vegetable & Fruit Component	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, Romaine Salad Mandarin Oranges <i>or</i> Banana <i>or</i> Fruit Juice	Baked Beans, Coleslaw, Spring Salad Diced Peaches <i>or</i> Fruit of the Week <i>or</i> Fruit Juice

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

Note: Menu subject to change without notice

White Box= No School

Peanut Substitute items on menu

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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21	22	23	24	25	26	27
28	29	30	31			