



SquareMeals.org

| Meal Prices | |
|--|------------|
| Breakfast 7 th - 8 th | \$1.55 |
| Reduced Breakfast | \$0.30 |
| Adult Breakfast | A la Carte |
| 7 th - 8 th Grades Lunch | \$2.65 |
| Reduced Lunch | \$0.40 |
| Adult Lunch | \$3.55 |

| A la Carte | | | |
|------------------------------------|---------------|---------------------------|---------------|
| Breakfast Entrée/Second Breakfast* | \$1.50/\$2.00 | Lunch Entrée/Second Meal* | \$2.60/\$3.00 |
| 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 |

*A second reimbursable meal

| Breakfast Menu | | | | |
|---|--|--|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Ham Bar w/Biscuit Biscuit w/Sausage Gravy Mini Cinnamon Roll Assorted Cereal | Blueberry Pancake Stick Pork Sausage Biscuit Chocolate/White Concha Assorted Cereal | French Toast w/ Sausage Patty Strawberry Smoothie Chorizo Taquito Assorted Cereal | Egg Omelet w/Sausage Links & Toast Kolache Apple Cinnamon Biscuit Assorted Cereal | Bkf. Sausage Pizza Bacon Taquito Chia Strawberry Bar Assorted Cereal |
| Fresh Assorted Fruit Fruit Juice Milk Variety | Fresh Assorted Fruit Fruit Juice Milk Variety | Fresh Assorted Fruit Fruit Juice Milk Variety | Fresh Assorted Fruit Fruit Juice Milk Variety | Fresh Assorted Fruit Fruit Juice Milk Variety |
| Ultimate Chocolate Chip <u>or</u> Cinn Round w/ Bacon Beef Sausage Biscuit Pizza Bagel Assorted Cereal | Mini Pancakes w/ Sausage Patty Waffles w/ Sausage Patty Skillet Cheese Omelet w/Sausage Patty & Toast Assorted Cereal | Fruited Parfait Cup Potato Taquito Bkf. Empanada w/Sausage Links Assorted Cereal | Muffin Variety w/ Yogurt Cups Chicken Sausage Biscuit Bkf. Frittata w/Bacon Assorted Cereal | Sausage Taquito DoubleStuff Pizza Bkf. Slider w/Sausage Gravy Assorted Cereal |
| Fresh Assorted Fruit Fruit Juice Milk Variety | Fresh Assorted Fruit Fruit Juice Milk Variety | Fresh Assorted Fruit Fruit Juice Milk Variety | Fresh Assorted Fruit Fruit Juice Milk Variety | Fresh Assorted Fruit Fruit Juice Milk Variety |

Hornet Café

Flour Bluff ISD School Nutrition
2017-2018
Junior 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
 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 items. An Entrée AND a fruit + one additional item **MUST** be selected for a complete Meal Deal (Reimbursable Meal)

- Food Items:
1. Grain (with optional meat allowed) all *Whole Grain*
 2. Fruit or Fruit Juice (select up to two)
 3. Milk

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| August 2017 | | | | | | |
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| September 2017 | | | | | | |
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| October 2017 | | | | | | |
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| November 2017 | | | | | | |
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| December 2017 | | | | | | |
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| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|---|--|--|--|---|
| Meat & Grain Component | Pulled Pork w/Pickle Spear/Chips Taco Salad w/Pico De Gallo Clux Deluxe Burger Big Daddy Cheese Pizza Veggie Wrap | Three Cheese Enchiladas w/Spanish Rice Corn Dog Ham & Cheese Sub Spicy Chicken Sandwich Lg. Chef Salad | Spaghetti w/ Ripping Breadstick Cheese Stick Tuna Salad Mexican Pizza Fiesta Salad | Chicken Strips w/ Ginger Texas Cheese Burger Chef Salad General Tso's Chicken w/Egg Roll & Rice Veggie Croissant | Pepperoni Pizza Meat Loaf w/Roll Turkey & Cheese Croissant Chicken Egg Roll w/Asian Noodles Pita Avocado Pocket |
| Vegetable & Fruit Component | Baked Beans, Coleslaw Spinach Salad Diced Peaches, Assorted Fresh Fruit, Fruit Juice | Vegetable Soup, Mexicali Corn, Garden Salad Applesauce, Assorted Fresh Fruit, Fruit Juice | Talian Vegetables, Mini Carrots, Romaine Salad Mandarin Oranges, Assorted Fresh Fruit, Fruit Juice 2 oz. Grain Dessert | Curly Fries, Steamed Broccoli, Side Salad Pineapple Tidbits, Assorted Fresh Fruit, Fruit Juice | Baby Baker Potatoes, Green Peas, Spring Salad Diced Pears, Fruit of the Week, Fruit Juice |
| Meat & Grain Component | Chicken Drum Stick w/Honey Biscuit Frito Pie Clux Deluxe Burger Big Daddy Peperoni Pizza Mediterranean Salad | Fish Wedge/ Taco Chicken Nugget w/Mac & Cheese Ham & Cheese Sub Country Fried Steak w/ Garlic Toast Fajita Salad | Turkey & Gravy w/Sub Roll Lasagna w/ Sub Roll Chicken Salad Beef & Cheese Chalupa Cheese Veggie Wrap | Cherry Blossom Chicken w/Egg Roll & Fried Rice Bean & Cheese Burrito Chef Salad Chicken Verde w/ Bread Bowl Buffalo Chicken Crescent | Cheese Pizza Chicken Burger Turkey & Cheese Croissant Buffalo Hot Wing w/ Corn Biscuit Asian Salad |
| Vegetable & Fruit Component | Corn on the Cob, Green Beans, Romaine Salad Diced Peaches, Assorted Fresh Fruit, Fruit Juice | Sweet Potato Bits, Roasted Brussel Sprouts, Spinach Salad Fruit Cups, Assorted Fresh Fruit, Fruit Juice | Mashed Potatoes, Asparagus Tips, Fresh Broccoli Bites Fruit Mix, Assorted Fresh Fruit, Fruit Juice 2 oz. Grain Dessert | Seasoned Pinto Beans, Sliced Cucumbers, Spring Salad Pineapple Tidbits, Assorted Fresh Fruit, Fruit Juice | Malibu Blend Vegetables, Celery Stix, Side Salad Diced Pears, Fruit of the Week, Fruit Juice |

| January 2018 | | | | | | |
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| February 2018 | | | | | | |
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| March 2018 | | | | | | |
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| April 2018 | | | | | | |
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| May 2018 | | | | | | |
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