



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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