



Meal Prices	
Breakfast	Free
Adult Breakfast	A la Carte
Kindergarten Lunch	\$2.00
1 st - 4 th Grade Lunch	\$2.25
5 th - 6 th Grade Lunch	\$2.65
Reduced Lunch	\$0.40
Adult Lunch	\$3.55

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

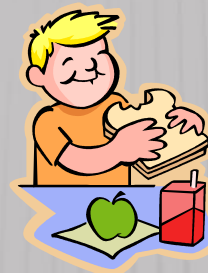
A La Carte	
Breakfast Entree	\$1.50 *
Lunch Entree	\$2.00 *
Vegetable or Fruit Side	\$0.75 *
Milk	\$0.45 *
*Students are Allowed to Purchase Extra Food Items.	



SquareMeals.org

Hornet Café

Flour Bluff ISD School Nutrition
2017-2018
KINDER – 6th Grade 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.flourbluffschoools.net and click the lunch menu icon for online payment.

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Ham Bar w/Biscuit Assorted Cereal	Blueberry Pancake Wrap Assorted Cereal	French Toast w/Sausage Patty Assorted Cereal	Egg Omelet w/Sausage Links & Toast Assorted Cereal	Bkf. Sausage Pizza Assorted Cereal
Assorted Fresh Fruit Juice and Milk	Assorted Fresh Fruit, Juice and Milk	Assorted Fresh Fruit, Juice and Milk	Assorted Fresh Fruit, Juice and Milk	Assorted Fresh Fruit, Juice and Milk
Ultimate Chocolate Chip or Cinn. Round w/ Bacon Assorted Cereal	Mini Pancakes w/Sausage Patty Assorted Cereal	Fruited Parfait Cup Assorted Cereal	Muffin Variety w/ Yogurt Cups Assorted Cereal	Breakfast Taquito Assorted Cereal
Assorted Fresh Fruit Juice and Milk	Assorted Fresh Fruit, Juice and Milk	Orange Assorted Fresh Fruit, Juice and Milk	Assorted Fresh Fruit, Juice and Milk	Assorted Fresh Fruit, Juice and Milk

Free 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						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
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27	28	29	30	31		

September 2017						
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October 2017						
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November 2017						
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December 2017						
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31						

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat & Grain Component	Pulled Pork w/Pickle Spear/Chips Taco Salad w/Pico De Gallo Sunbutter Sandwich	Three Cheese Enchilada w/Spanish Rice Corn Dog Ham & Cheese Sub	Spaghetti w/Ripping Breadstick Cheese Stick Tuna Salad	Chicken Strips w/Ginger Texas Cheese Burger Chef Salad	Pepperoni Pizza Meat Loaf w/Roll Turkey & Cheese Croissant
Vegetable & Fruit Component	Baked Beans, Coleslaw, Spinach Salad Diced Peaches, Red Apples <u>or</u> Fruit Juice	Vegetable Soup, Mexicali Corn, Garden Salad Applesauce Cups, Bananas <u>or</u> Fruit Juice	Talian Vegetable, Mini Carrot, Romaine Salad Mandarin Oranges, Oranges <u>or</u> Fruit Juice 2 oz. Grain Dessert	Curly Fries, Steamed Broccoli, Side Salad Pineapple Tidbits, Green Apples <u>or</u> Fruit Juice	Baby Baker Potatoes, Green Peas, Spring Salad Diced Pears, Fruit of the Week <u>or</u> Fruit Juice
Meat & Grain Component	Chicken Drum Stick w/Honey Biscuit Frito Pie Sunbutter Sandwich	Fish Wedge/ Taco Chicken Nugget w/Mac & Cheese Ham & Cheese Sub	Turkey & Gravy w/ Sub Roll Lasagna w/Sub Roll Chicken Salad	Cherry Blossom Chicken w/ Egg Roll & Fried Rice Bean & Cheese Burrito Chef Salad	Cheese Pizza Chicken Burger Turkey & Cheese Croissant
Vegetable & Fruit Component	Corn on the Cob, Green Beans, Romaine Salad Diced Peaches, Red Apples <u>or</u> Fruit Juice	Sweet Potato Bites, Roasted Brussel Sprouts, Spinach Salad Fruit Cups, Bananas <u>or</u> Fruit Juice	Mashed Potatoes, Asparagus Tips, Fresh Broccoli Bits Fruit Mix, Oranges <u>or</u> Fruit Juice 2 oz. Grain Dessert	Seasoned Pinto Beans, Sliced Cucumber, Spring Salad Pineapple Tidbits, Green Apples <u>or</u> Fruit Juice	Malibu Blend Vegetables, Celery Stix, Side Salad Diced Pears, Fruit of the Week <u>or</u> Fruit Juice

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

Note: Menu subject to change without notice - Peanut Substitute items on menu

White Box = No School

January 2018						
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February 2018						
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March 2018						
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April 2018						
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29	30					

May 2018						
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20	21	22	23	24	25	26
27	28	29	30	31		