



Meal Prices	
Breakfast	Free
Adult Breakfast	A la Carte
Pre-K Grade 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	\$3.50

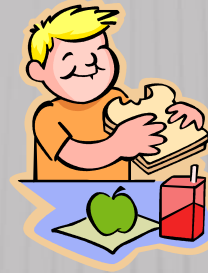
A La Carte	
Breakfast Entree	\$1.50 *
Lunch Entree	\$2.00 *
Vegetable or Fruit Side	\$0.75 *
Milk	\$0.45 *
* Students are Allowed to Purchase Extra Food Items.	



SquareMeals.org

Hornet Café

Flour Bluff ISD School Nutrition
2017-2018
Pre-K – 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 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



Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Ham Bar w/Biscuit	Blueberry Pancake Wrap	French Toast w/Sausage Patty	Egg Omelet w/Sausage Links & Toast	Breakfast Sausage Pizza
Dried Mixed Fruit and Milk	Bananas and Milk	Oranges and Milk	Green Apples and Milk	Red Apples and Milk
Ultimate Chocolate Chip <u>or</u> Cinn. Round w/Bacon	Mini Pancakes w/Sausage Patty	Assorted Cereal	Muffin Variety w/ Yogurt Cups	Breakfast Taquitos
Raisins and Milk	Bananas and Milk	Oranges and Milk	Green Apples and Milk	Red Apples and 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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24	25	26	27	28	29	30
31						

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat & Grain Component	Pulled Pork Sandwich w/Pickle Spear/Chips	Three Cheese Enchilada w/Spanish Rice	Spaghetti w/ Meat Sauce	Chicken Strips	Pepperoni Pizza
Vegetable & Fruit Component	Baked Beans Diced Pears 1% Milk	Mexicali Corn Applesauce Cups 1% Milk	Mini Carrots Mandarin Oranges 1% milk	Curly Fries Pineapple Tidbits 1% milk	Baby Baker Potatoes Diced Peaches 1% Milk
Meat & Grain Component	Chicken Drum Stick	Fish Wedge w/ Mac & Cheese	Turkey/Gravy w/ Sub Roll	Cherry Blossom Chicken w/ Rice	Cheese Pizza
Vegetable & Fruit Component	Corn On the Cob Diced Peaches 1% Milk	Roasted Sweet Potatoes Fruit Cup 1% Milk	Mashed Potatoes Fruit Cocktail 1% Milk	Seasoned Pinto Beans Pineapple Tidbits 1% Milk	Malibu Blend Vegetable Diced Peaches 1% Milk

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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25	26	27	28			

March 2018						
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25	26	27	28	29	30	31

April 2018						
S	M	T	W	T	F	S
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22	23	24	25	26	27	28
29	30					

May 2018						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		