

<i>Meal Prices</i>			
Reduced Breakfast	\$0.30	Breakfast	\$1.75
Reduced Lunch	\$0.40	9 <sup>th</sup> - 12 <sup>th</sup> Grades Lunch	\$2.75
Adult Breakfast	À la Carte	Adult Lunch	\$3.75



SquareMeals.org

# Hornet Café

Flour Bluff ISD School Nutrition  
2018-2019  
9<sup>th</sup> - 12<sup>th</sup> Grades Menu

<i>À la Carte Prices</i>			
Breakfast Entrée	\$1.75	Lunch Entrée	\$2.50
Vegetable or Fruit Side	\$1.00	Milk	\$0.75
Brownie	\$0.85	Popcorn	\$1.00
Chips	\$0.75	Cookie	\$1.00
Tropicana Juice	\$2.00	V-8 Fusion	\$1.50
Bottle Water	\$0.75	Rice Krispy	\$1.00
Fruit 20 Water	\$1.50	G2 Gatorade	\$1.25
Ice Cream	\$1.00 - \$2.00	Diet Sodas	\$1.50

**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  
(Select up to two fruits)
- 4·Vegetable  
(Select up to two 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](http://www.flourbluffschoools.net) and click the lunch menu icon for online payment

<i>Breakfast Menu</i>				
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
French Toast w/sausage patty Chia Strawberry Bar Skillet Ch. Omelet w/Saus. Patty & Toast Assorted Cereal	Egg, Saus. & Cheese Biscuit Bkfst Frittata w/Bacon Mini Apple Frudel Assorted Cereal	Blueberry Pancake Stick Strawberry Smoothie Chorizo Taquito Assorted Cereal	Cinnamon Roll Pancake Sausage Sandwich Mini Strawberry Bagel Assorted Cereal	Bkfst Taquito Bkfst Slider w/Saus. Gravy Double Stuff Bkfst Pizza 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
Egg Omelet w/Saus. Links & Toast Waffles w/Saus. Links Apple Cobbler Biscuit Assorted Cereal	Mini Pancake Sausage Bites Bkfst Empanada w/egg, green chili & cheese Choc./White Conca Assorted Cereal	Donut Holes Fruited Parfait Cup Potato Taquito Assorted Cereal	Muffin Variety Ham Bar w/Biscuit Kolache Assorted Cereal	Cini - Mini Pizza Bagel Mini Pancakes 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

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

**Food Components:**

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



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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer

August 2018						
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September 2018						
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October 2018						
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November 2018						
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December 2018						
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30	31					

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Meat &amp; Grain Component</i>	Cheese Pizza Hamburger Country Fried Steak w/Garlic Toast Fruit Chef Salad	Turkey & Gravy w/Roll Lasagna w/Roll Clux Delux Burger Ham & Cheese Sub Sandwich	Chicken Strips w/Ginger TX Frito Pie Spicy Chicken Sandwich Chef Salad	Pulled Pork Sandwich w/Chips & Pickle Spear Cheese Sticks General Tso's Chicken w/Rice Chicken Salad	Chicken Alfredo w/Pasta & Sub Roll Chicken Nuggets w/Sub Roll Big Daddy Pepperoni Pizza Turkey & Cheese Croissant
<i>Vegetable &amp; Fruit Component</i>	Savory Loops ■ Celery Sticks ■ Side Salad Diced Pear ■ Assorted Fresh Fruit	Mashed Potatoes ■ Italian Veggies ■ Spinach Salad Assorted Applesauce Cups ■ Assorted Fresh Fruit	Vegetable Soup ■ Mini Carrots ■ Romaine Salad Mandarin Oranges ■ Assorted Fresh Fruit ■ 2 oz. Grain Dessert	Coleslaw ■ Baked Beans ■ Crinkle Cut Fries Tropical Fruit ■ Assorted Fresh Fruit	Steamed Broccoli ■ Green Peas ■ Spring Salad Fruit Cup ■ Fruit of the Week
<i>Meat &amp; Grain Component</i>	Pepperoni Pizza Philly Steak & Cheese Sub Sandwich Chicken Egg Roll w/Asian Noodles Mediterranean Salad	Three Cheese Enchiladas w/Spanish Rice Chicken Drum Stick w/Biscuit Pepperoni Pinwheel Ham & Cheese Sub Sandwich	Spaghetti w/Sub Roll Mini Corn Dog Bites Pita Cheese Wrap Tuna Salad	Fish Wedge w/Mac & Cheese Cherry Blossom Chicken w/Rice Meatball Sub Sandwich Chef Salad	Fiesta Beef, Bean & Cheese Burrito Chicken Burger Big Daddy Cheese Pizza Turkey & Cheese Croissant
<i>Vegetable &amp; Fruit Component</i>	Broccoli Bites ■ Potato Spud ■ Garden Salad Diced Pears ■ Assorted Fresh Fruit	Mexicali Corn ■ Green Beans ■ Spinach Salad Assorted Applesauce Cups ■ Assorted Fresh Fruit	Malibu Veggie Blend ■ Sliced Cucumber ■ Romaine Salad Diced Apricots ■ Assorted Fresh Fruit ■ 2 oz. Grain Dessert	Potato Soup ■ Corn on the Cob ■ Spring Salad Pineapple Tidbits ■ Assorted Fresh Fruit	Side Winder Potatoes ■ Seasoned Beans ■ Side Salad Fruit Cup ■ Fruit of the Week

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

Note: Menu Subject to change without notice

White Box = No School

January 2019						
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February 2019						
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March 2019						
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April 2019						
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28	29	30				

May 2019						
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26	27	28	29	30	31	