

Meal Prices			
Breakfast 5 th - 6 th	Free	Lunch 5 th - 8 th	\$2.75
Breakfast 7 th - 8 th	\$1.75	Reduced Lunch	\$0.40
Reduced Breakfast 7 th - 8 th	\$.30	Adult Lunch	\$3.75
Adult Breakfast	À la Carte		



SquareMeals.org

Hornet Café

Flour Bluff ISD School Nutrition
2018-2019
5th - 8th Grades 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

À la Carte					
Breakfast Entrée	\$1.75	Milk	\$0.75	Lunch Entrée	\$2.50
Vegetable or Fruit Side	\$1.00	Popcorn	\$1.00	V-8 Fusion	\$1.50
Brownie	\$0.85	Cookie	\$1.00	Bottle Water	\$0.75
Chips	\$0.75	Fruit Juice	\$1.50	Fruit 20 Water	\$1.50
Tropicana Juice	\$2.00	Rice Krispy	\$1.00	Ice Cream	\$1.00 - \$2.00

Breakfast Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
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

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 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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August 2018						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
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September 2018						
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30						

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 & 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 & Fruit Component</i>	Savory Loops ■ Celery Sticks ■ Side Salad Diced Pears ■ 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 Fruit Cocktail ■ Assorted Fresh Fruit	Steamed Broccoli ■ Green Peas ■ Spring Salad Fruit Cup ■ Fruit of the Week
<i>Meat & 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 & 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 Peaches ■ 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						
S	M	T	W	T	F	S
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February 2019						
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March 2019						
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31						

April 2019						
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28	29	30				

May 2019						
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26	27	28	29	30	31	