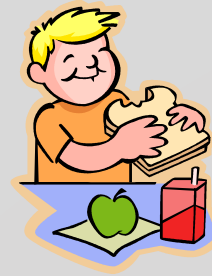




Meal Prices	
Breakfast	Free
Adult Breakfast	À la Carte
Pre-K Grade Lunch	\$2.10
Reduced Lunch	\$0.40
Adult Lunch	\$3.75



Hornet Café

Flour Bluff ISD School Nutrition
2018-2019
Pre-K Menu

À La Carte	
Breakfast Entree	\$1.75 *
Lunch Entree	\$2.50 *
Vegetable or Fruit Side	\$1.00 *
Milk	\$0.75 *
* Students are Allowed to Purchase Extra Food Items.	



SquareMeals.org

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
French Toast	Assorted Cereal	Blueberry Pancake Stick	Mini-Strawberry Bagel	Breakfast Taquito
Dried Mixed Fruit and Juice	Bananas and Milk	Oranges and Milk	Green Apples and Milk	Red Apples and Milk
Assorted Cereal	Mini Pancake Sausage Bites	Donut Holes	Muffin Variety	Cini - Mini
Raisins and Milk	Bananas and Milk	Oranges and Milk	Green Apples and Milk	Red Apples and milk

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

Food Components:

1. Grain (with optional meat allowed) all *Whole Grain*
2. Fruit/Vegetables (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
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September 2018						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October 2018						
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28	29	30	31			

November 2018						
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December 2018						
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23	24	25	26	27	28	29
30	31					

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat & Grain Component	Cheese Pizza	Lasagna w/roll	Chicken Strips w/Ginger TX	Pulled Pork Sandwich w/pickle & chips	Chicken Nuggets w/Sub Roll
Vegetable & Fruit Component	Savory Loops Diced Pears 1% Milk	Italian Veggies Applesauce Cups 1% Milk	Mini Carrots Mandarin Oranges 1% milk	Baked Beans Fruit Cocktail 1% milk	Green Peas Fruit Cup 1% Milk
Meat & Grain Component	Pepperoni Pizza	Three Cheese Enchiladas w/Spanish Rice	Spaghetti w/Sub Roll	Fish Wedge w/Mac & Cheese	Beef, Bean & Cheese Burrito
Vegetable & Fruit Component	Potato Spud Diced Pears 1% Milk	Green Beans Applesauce Cups 1% Milk	Sliced Cucumbers Mandarin Oranges 1% Milk	Corn on Cob Pineapple Tidbits 1% Milk	Side Winder Fruit Cup 1% Milk

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

Note: Menu subject to change without notice

White Box= No School Peanut Substitute items on menu

January 2019						
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20	21	22	23	24	25	26
27	28	29	30	31		

February 2019						
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17	18	19	20	21	22	23
24	25	26	27	28		

March 2019						
S	M	T	W	T	F	S
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2019						
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	20
21	22	23	24	25	26	27
28	29	30				

May 2019						
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	20	21	22	23	24	25
26	27	28	29	30	31	