

Meal Prices			
Reduced Breakfast	\$0.30	Breakfast	\$1.85
Reduced Lunch	\$0.40	9 th - 12 th Grades Lunch	\$2.85
Adult Breakfast	À la Carte	Adult Lunch	\$3.85



SquareMeals.org

À la Carte Prices			
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

Hornet Café

Flour Bluff ISD School Nutrition
2019-2020
9th - 12th 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
- 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 and click the lunch menu icon for online payment

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Muffin Variety Assorted Cereal	Egg Omelet w/Sausage Link Assorted Cereal	French Toast w/Sausage Patty Assorted Cereal Smoothie	Cinnamon Roll Assorted Cereal	Blueberry Pancake Wrap Assorted Cereal
Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk
Mini Strawberry Bagel Assorted Cereal	Pancake Sausage Bites Assorted Cereal	Ham/Egg & Cheese Croissant Assorted Cereal Fruit Parfait	Donut Hole w/Icing Assorted Cereal	Mini Pancakes w/Bacon Assorted Cereal
Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk
Mini Cinni Assorted Cereal	Ham Bar w/Biscuit Assorted Cereal	Concha Variety Assorted Cereal Kolache	Egg Wrap Assorted Cereal	Pancake Sausage Sandwich Assorted Cereal
Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk

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)
2. Fruit/Vegetable (select up to two components)
3. Milk



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August 2019						
S	M	T	W	T	F	S
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September 2019						
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29	30					

October 2019						
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November 2019						
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December 2019						
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29	30	31				

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<i>Chicken Burger Cheese Stick w/Marinara Sunbutter Crustables Bean & Cheese Chalupa</i>	<i>Big Daddy Pepperoni Pizza Turkey & Gravy w/Dinner Roll Ham & Cheese Sub Beef Fingers</i>	<i>Spaghetti w/Meat Sauce w/Sub Roll Cherry Blossom Chicken w/Rice Chef Salad Chicken & Waffles</i>	<i>Fish Nuggets w/Mac & Cheese Mini Corndogs Tuna Salad Pepperoni Pinwheel</i>	<i>Lasagna w/Dinner Roll Country Fried Steak w/Gravy Turkey & Cheese Croissant Carne Adovada w/Rice</i>
<i>Savory Fries Celery Sticks Side Salad Diced Pears Fresh Fruit</i>	<i>Mashed Potatoes Green Peas Romaine Salad Mandarin Oranges Fresh Fruit</i>	<i>Malibu Blend Vegetables Spinach Salad Mini Carrots Applesauce Fresh Fruit</i>	<i>Green Beans Corn on the Cob Spring Salad Strawberry Cup Fresh Fruit</i>	<i>Italian Vegetables Broccoli Bites Garden Salad Tropical Fruit Mix Fresh Fruit</i>
<i>Hamburger w/Cheese Chicken Drumstick Mediterranean Salad Swedish Meatballs</i>	<i>Big Daddy Four Cheese Pizza Frito Pie Sunbutter Crustables Spicy Chicken Sandwich</i>	<i>Grilled Cheese Sandwich General TSO's Chicken w/Rice Turkey & Cheese Croissant Beef Nacho's</i>	<i>Chicken Nuggets w/Sub Roll Three Cheese Enchiladas w/Spanish Rice Chicken Salad Salisbury Steak</i>	<i>Bean & Cheese Chalupas Philly Steak & Cheese Ham & Cheese Sub Mini Corndogs</i>
<i>Savory Loops Pork & Beans Side Salad Diced Pears Fresh Fruit</i>	<i>Spudsters Potatoes Glazed Carrots Spring Salad Mandarin Oranges Fresh Fruit</i>	<i>Tomato Soup Mixed Vegetables Sliced Cucumbers Pineapple Tidbits Fresh Fruit</i>	<i>Seasoned Beans Celery Sticks Romaine Salad Strawberry Cups Fresh Fruit</i>	<i>Mexicali Corn Steamed Broccoli Shredded Salad w/Diced Tomatoes Tropical Fruit Fresh Fruit</i>
<i>Pepperoni Pinwheels Chicken Alfredo w/Sub Roll Turkey & Cheese Croissant Cheese Stick w/Marinara Sauce</i>	<i>Chicken Strips w/Soft Pretzel Carne Guisada w/Rice Sunbutter Crustables Big Daddy 4 meat Pizza</i>	<i>Pulled Pork w/Pickles Spear & Chips Meatball Sub Pita Cheese Wrap Thai Sweet Chili w/Rice</i>	<i>Sloppy Joe Chicken Egg Roll w/Asian Noodles Chef Salad Mesquite Glazed Chicken</i>	<i>Burrito w/Chili Cheese Mini Cheese Ravioli Pasta Salad Spicy Chicken Sandwich</i>
<i>California Blend Vegetable Sliced Cucumbers Spinach Salad Pineapple Tidbits Fresh Fruit</i>	<i>Vegetable Soup Garden Peas Spring Salad Mandarin Orange Fresh Fruit</i>	<i>Baked Beans Coleslaw Garden Salad Applesauce Fresh Fruit</i>	<i>Sidewinder Potatoes Broccoli Bites Romaine Salad Strawberry Cups Fresh Fruit</i>	<i>Roasted Cauliflower Corn Salad Salsa & Chips Tropical Fruit Fresh fruit</i>

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

Note: Menu Subject to change without notice

White Box = No School

January 2020						
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February 2020						
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March 2020						
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29	30	31				

April 2020						
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26	27	28	29	30		

May 2020						
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24	25	26	27	28	29	30
31						