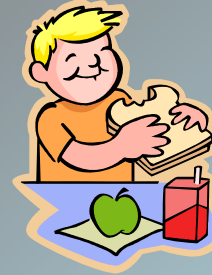




Meal Prices	
Breakfast	Free
Adult Breakfast	À la Carte
Kindergarten Lunch	Free
1 <sup>st</sup> - 4 <sup>th</sup> Grade Lunch	\$2.45
Reduced Lunch	\$0.40
Adult Lunch	\$3.85



# Hornet Café

Flour Bluff ISD School Nutrition  
2019-2020  
KINDER – 4<sup>th</sup> Grade Menu

À la Carte			
Breakfast Entrée	\$1.75 *	8 oz. Bottle Water	\$0.50
Lunch Entrée	\$2.50 *	16 oz Bottle Water	\$0.75
Vegetable or Fruit Side	\$1.00 *	Fruit 20 Bottle Water**	\$1.50
Milk	\$.075 *	<b>*Students are allowed to purchase extra food items.</b>	

SquareMeals.org



**\*\*Only available at Primary/Elementary**

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
  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](http://www.flourbluffschoools.net) and click the lunch menu icon for online payment.

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



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

August 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

September 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					

October 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		

November 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

December 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				

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<i>Sauces &amp; Grains Component</i>	Chicken Burger Cheese Stick w/Marinara Sunbutter Crustables	Big Daddy Pepperoni Pizza Turkey & Gravy w/Dinner Roll Ham & Cheese Sub	Spaghetti w/Meat Sauce w/Sub Roll Cherry Blossom Chicken w/Rice Chef Salad	Fish Nugget w/Mac & Cheese Mini Corndog Tuna Salad	Lasagna w/Dinner Roll Country Fried Steak Turkey & Cheese Croissant
<i>Vegetable &amp; Fruit Component</i>	Savory Fries Celery Stick Side Salad Diced Pears Fresh Fruit	Mashed Potato Green Peas Romaine Salad Mandarin Orange Fresh Fruit	Malibu Blend Vegetables Spinach Salad Mini Carrots Applesauce Fresh Fruit	Green Beans Corn On the Cob Spring Salad Diced Peaches Fresh Fruit	Italian Vegetable Broccoli Bites Garden Salad Fruit Cocktail Fresh Fruit
<i>Sauces &amp; Grains Component</i>	Hamburger w/Cheese Chicken Drumstick Mediterranean Salad	Big Daddy Four Cheese Pizza Frito Pie Sunbutter Crustables	Grilled Cheese Sandwich General TSO's Chicken W/Rice Turkey & Cheese Croissant	Chicken Nuggets w/Sub Roll Three Cheese Enchilada w/ Spanish Rice Chicken Salad	Bean & Cheese Chalupa Philly Steak & Cheese Ham & Cheese Sub
<i>Vegetable &amp; Fruit Component</i>	Savory Loops Pork & Beans Side Salad Diced Pears Fresh Fruit	Spudsters Potatoes Glazed Carrots Spring Salad Mandarin Oranges Fresh Fruit	Tomato Soup Mixed Vegetable Sliced Cucumber Pineapple Tidbits Fresh Fruit	Seasoned Beans Celery Sticks Romaine Salad Diced Peaches Fresh Fruit	Mexicali Corn Steamed Broccoli Shredded Salad w/diced Tomatoes Fruit Cocktail Fresh Fruit
<i>Sauces &amp; Grains Component</i>	Pepperoni Pinwheel Chicken Alfredo w/Sub Roll Turkey & Cheese Croissant	Chicken Strips w/Soft Pretzel Carne Guisada w/Rice Sunbutter Crustables	Pulled Pork w/Pickle Spear & Chips Meatball Sub Pita Cheese Wrap	Sloppy Joe Chicken Egg Roll w/Asian Noodles Chef Salad	Burrito w/Chili Cheese Mini Cheese Ravioli Pasta Salad
<i>Vegetable &amp; Fruit Component</i>	California Blend Vegetable Cucumber Slices Spinach Salad Pineapple Tidbits Fresh Fruit	Vegetable Soup Garden Peas Spring Salad Mandarin Orange Fresh Fruit	Baked Beans Coleslaw Garden Salad Applesauce Fresh Fruit	Sidewinder Potatoes Broccoli Bites Romaine Salad Diced Peaches Fresh Fruit	Roasted Cauliflower Corn Salad Salsa & Chips Fruit Cocktail Fresh Fruit

**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 2020						
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	

February 2020						
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

March 2020						
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				

April 2020						
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 2020						
S	M	T	W	T	F	S
					1	2
3	4	5	6	8	9	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						