Hornet Café

Flour Bluff ISD School Nutrition
2019-2020
5th – 8th Grades Menu

Meal Prices			
Breakfast 5th - 6th	Free	Lunch 5th - 8th	$2.85
Breakfast 7th – 8th	$1.85	Reduced Lunch	$0.40
Reduced Breakfast 7th – 8th	$.30	Adult Lunch	$3.90
Adult Breakfast	À la Carte		

SquareMeals.org

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

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.flourbluffschools.net and click the lunch menu icon for online payment.

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Muffin Variety Assorted Cereal	Egg Omelet w/Sausage Links Assorted Cereal	French Toast w/Sausage Patty Assorted Cereal Smoothie	Cinnamon Roll Assorted Cereal	Blueberry Pancake Wrap Assorted Cereal
Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk	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 Pancake w/Bacon Assorted Cereal
Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk	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
Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk

SchoolLunchApp.com

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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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).
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August 2019						
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September 2019						
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October 2019						
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November 2019						
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December 2019						
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	Monday	Tuesday	Wednesday	Thursday	Friday
Meat & Grain Component	Chicken Burger Cheese Sticks Corn Muffin Sunbutter Sandwich Beef Tacos	Big Daddy Pepperoni Pizza Turkey & Gravy Dinner Roll Ham & Cheese Sub Beef Fingers	Spaghetti w/Meat Sauce Cherry Blossom Chicken w/Rice Sub Roll Chef Salad Chicken & Waffle	Fish Nuggets w/Mac & Cheese Mini Corndogs Tuna Salad Pepperoni Pinwheel	Lasagna Roll Ups Country Fried Steak Dinner Roll Turkey & Cheese Croissant Carne Adovada w/Rice
Vegetable & Fruit	Savory Fries Celery Sticks Diced Pears Fresh Fruit	Mashed Potatoes Northern Bean Mandarin Oranges Fresh Fruit	Malibu Blend Vegetables Spinach Salad Mini Carrots Applesauce Fresh Fruit	Green Beans Corn On the Cob Diced Peaches Fresh Fruit	Italian Vegetables Broccoli Bites Fruit Cocktail Fresh Fruit
Meat & Grain Component	Hamburger w/Cheese Chicken Drumstick Biscuit Mediterranean Salad Chicken Flauta	Big Daddy Cheese Pizza Frito Pie Sunbutter Sandwich Spicy Chicken Sandwich	Grilled Cheese Sandwich Beef Nacho's Turkey & Cheese Croissant General TSO's Chicken w/Rice	Chicken Nuggets Three Cheese Enchilada w/Spanish Rice Sub Roll Chicken Salad Salisbury Steak	Beef Tacos Chicken & Waffles Corn Muffin Ham & Cheese Sub Mini Corndogs
Vegetable & Fruit	Savory Loops Potatoes Glazed Carrot Diced Pears Fresh Fruit	Spudsters Potato Pork Beans Mandarin Orange Fresh Fruit	Tomato Soup Mixed Vegetables Slice Cucumbers Pineapple Tidbits Fresh Fruit	Seasoned Beans Celery Stick Romaine Salad Diced Peaches Fresh Fruit	Mexicali Corn Steamed Broccoli Fruit Cocktail Fresh Fruit
Meat & Grain Component	Pepperoni Pinwheel Chicken Alfredo w/Penne Noodles Sub Roll Turkey & Cheese Croissant Cheese Sticks	Chicken Strips Carne Guisada w/Rice Soft Pretzel Sunbutter Sandwich Big Daddy 4 Meat Pizza	Pulled Pork w/Pickle Spear & Chips Tamales Pita Cheese Wrap Thai Sweet Chili w/Rice	Sloppy Joe Chicken Egg Roll w/Asian Noodle Biscuit Chef Salad Mesquite Glazed Chicken Drumstick	Burrito w/Chili Cheese Mini Cheese Ravioli Dinner Roll Pasta Salad Spicy Chicken Sandwich
Vegetable & Fruit	California Blend Vegetable Cucumber Slices Pineapple Tidbits Fresh Fruit	Vegetable Soup Garden Peas Mandarin Oranges Fresh Fruit	Baked Beans Coleslaw Applesauce Fresh Fruit	Sidewinders Potatoes Broccoli Bites Diced Pears Fresh Fruit	Roasted Cauliflower Corn Salad Fruit Cocktail Fresh Fruit

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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April 2020						
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May 2020						
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