



SquareMeals.org

Hornet Café Menu

Flour Bluff ISD School Nutrition

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 and click the lunch menu icon for online payment.

<i>Meal Prices</i>			
Breakfast PK-6th	Free	Lunch PRE-K- Kinder	FREE
Breakfast 7th - 12th	\$1.85	Lunch 1st - 4th	\$2.50
Reduced Breakfast 7th - 12th	\$0.30	Lunch 5th - 12th	\$2.90
Adult Breakfast	À la Carte	Reduced Lunch	\$0.40
		Adult Lunch	\$4.00

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).

USDA is an equal opportunity provider and employer

August 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

September 2020						
S	M	T	W	T	F	S
30	31	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 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

November 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					

December 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		

Breakfast Monday Pick Up

*Muffin
Fresh Fruit
Fruit Juice
Milk Variety*

*Cereal
Fresh Fruit
Fruit Juice
Milk Variety*

Breakfast Wednesday Pick Up

*Pop tart
Fresh Fruit
Fruit Juice
Milk Variety*

*Cinnamon Roll
Fresh Fruit
Fruit Juice
Milk Variety*

*Concha
Fresh Fruit
Fruit Juice
Milk Variety*

Lunch Monday Pick Up

*Chicken Burger
Straight Cut Fries
Fresh Fruit
Peach Cups
Milk Variety*

*Pizza Calzone
Carrots
Fresh Fruit
Pear Cups
Milk Variety*

Lunch Wednesday Pick Up

*Cheeseburger
Broccoli Bites
Fresh Fruit
Applesauce Cups
Milk Variety*

*Salisbury Steak w/ Roll
Refried Beans
Fresh Fruit
Fruit Juice
Milk Variety*

*Chicken Chunks
Celery & Cherry
Tomatoes
Fresh Fruit
Applesauce Cup
Milk Variety*

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

Note: Menu subject to change without notice

White Box = No School

January 2021						
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

February 2021						
S	M	T	W	T	F	S
31	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						

March 2021						
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 2021						
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 2021						
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					