

Hornet Café

Flour Bluff ISD School Nutrition
2021-2022
Kindergarten – 12th Grade Menu

Our Mission is to provide nutritious well-balanced meals that encourage long lasting healthy eating choices.



Meal Prices			
Breakfast K-12	No Charge	Lunch K-12	No Charge
Adult Breakfast	A la Carte	Adult Lunch	\$4.15

À la Carte Prices Kindergarten - 12 th Grade			
Breakfast Entrée	\$1.50	8 oz. Bottle Water	\$0.50
Lunch Entrée	\$2.50	16 oz Bottle Water	\$0.75
Vegetable or Fruit Side	\$1.00	Milk	\$0.75
Extra Grain	\$1.00		

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

À la Carte Prices 5 th – 12 th Grade			
Cheese Stick	\$0.50	Brownie/Cookie	\$1.00
Chips	\$0.75	Ice Cream	\$1.00 - \$2.00
Pop Tart	\$0.75	Tropicana/V-8	\$2.00
Nutri-Grain Bar	\$0.75	G2 Gatorade/ Diet Soda**	\$1.50
Rice Krispies	\$0.25- \$1.00	** High School ONLY	

Breakfast Meal Deal: Includes 3 to 4 items. A fruit or vegetable **MUST** be selected for a complete Meal Deal (Reimbursable Meal)

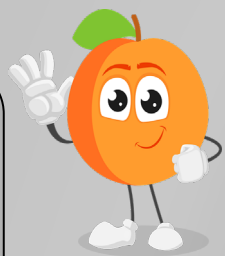
Food Components:

1. Grain (with occasional meat allowed)
2. Fruit/Vegetable (select up to two items)
3. Milk

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
5. Milk

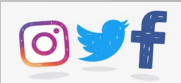


SquareMeals.org

Breakfast				
Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit w/ Sausage & Gravy Cereal (V)	Egg Omelet w/ Toast (V) Cereal (V)	French Toast (V) Cereal (V)	Cinnamon Roll (V) Cereal (V)	Blueberry Pancake Wrap Cereal (V)
Oatmeal w/ Berries (V) Cereal (V)	Pancake Sausage Bites Cereal (V)	English Muffin w/ Egg & Cheese (V) Cereal (V)	Powdered Donuts (V) Cereal (V)	Pancakes Assorted (V) Cereal (V)
Muffins Assorted (V) Cereal (V)	Ham Bar w/ Biscuit Cereal (V)	Pancake Sausage Sandwich Cereal (V)	Honeybun (V) Cereal (V)	Kolache Cereal (V)
Sausage Biscuit w/Hash Brown Cereal (V)	Breakfast Bowtie (V) Cereal (V)	Pancake Bowl Assorted (V) Cereal (V)	Breakfast Bread Assorted (V) Cereal (V)	Concha Assorted (V) Cereal (V)

Fresh Fruit, Juice and Milk served daily at Breakfast.

(V): Vegetarian Entrée.



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August 2021						
S	M	T	W	T	F	S
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 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		

October 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

November 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				

December 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	

Monday

Sweet Thai Chicken w/Rice
Chicken Burger
Italian Sub
Straight Cut Fries
Burger Salad
Pineapple Tidbits

Tuesday

Chicken & Waffle
Grilled Cheese Sandwich (V)
Pita Cheese Wrap (V)
Tomato Soup
Celery
Applesauce

Wednesday

Spaghetti & Meat Sauce
Mozzarella Sticks (V)
Chef Salad
Bread Stick
Corn
Romaine Salad
Mandarin Oranges

Thursday

Enchiladas
w/ Spanish Rice (V)
Chicken Flauta
Sunbutter Sandwich
w/ Cheese Stick (V)
Refried Beans
Cucumbers
Fruit Cocktail

Friday

Fish Nuggets
w/Mac & Cheese
Corn Dog
Pasta Salad
California Blend Vegetables
Cherry Tomatoes
Peaches

Chicken Eggroll w/Fried Rice
Cheeseburger
Asian Salad
Savory Loops
Burger Salad
Pineapple Tidbits

Frito Pie
Country Fried Steak
Chef Salad
Roll
Glazed Carrots
Scalloped Potatoes
Applesauce

Chicken Alfredo w/Pasta
Pepperoni Pinwheel
Bistro Box
Bread Stick
Corn
Roasted Cauliflower
Mandarin Oranges

Carne Guisada w/Rice
Beef Nachos
Turkey & Cheese Sub
Seasoned Beans
Romaine Salad
Fruit Cocktail

Sloppy Joe
Chicken Nuggets
Tuna Croissant
Corn Muffin
Vegetable Noodle Soup
Cherry Tomatoes
Pears

Honey Fire Chicken w/Rice
Grilled Chicken Burger
Italian Sub
Burger Salad
Peas
Pineapple Tidbits

Pulled Pork w/Pickle Spear &
Chips
Hot Dog
Chicken Salad
Pork & Beans
Coleslaw
Applesauce

Meatball Marinara w/Pasta
French Bread Pizza
Chef Salad
Bread Stick
Mini Carrots
Spinach Salad
Mandarin Oranges

Quesadilla (V)
Burrito (V)
Sunbutter Sandwich
w/ Cheese Stick (V)
Romaine Salad
Mexicali Corn
Fruit Cocktail

Fish Sandwich
Mac & Cheese (V)
Broccoli Soup (V)
Roll
Cherry Tomatoes
Tater Tots
Peaches

Cherry Blossom w/Rice
Chicken Drumstick
Turkey & Cheese Croissant
Gingerbread Cookie
Mini Carrots
Romaine Salad
Pineapple Tidbits

Turkey & Gravy
Beef Fingers
Chef Salad
Roll
Broccoli Bites
Mashed Potatoes
Applesauce

Lasagna
Pizza Slice
Chicken Salad Croissant
Bread Stick
Corn
Cherry Tomatoes
Mandarin Oranges

Beef Tacos w/Spanish Rice
Beef Tamales
Ham & Cheese Sandwich
Refried Beans
Romaine Salad
Fruit Cocktail

Chicken Tenders
Ravioli (V)
Tuna Salad
Onion Rings
Chicken Vegetable Soup
Green Beans
Pears

Milk Component: Choice of Fat Free Chocolate, 1% White Milk, Skim Milk
(V): Vegetarian Entrée Fresh Fruit Served Daily.

White Box = No School
Note: Menu & Substitutions can occur without notice

January 2022						
S	M	T	W	T	F	S
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 2022						
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					

March 2022						
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 2022						
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 2022						
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