

Hornet Café

Flour Bluff ISD School Nutrition
2022-2023

Kindergarten – 12th Grade Menu

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



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


SchoolLunchApp.com



SquareMeals.org



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 PK - 6 th	Free	Lunch PK - K	Free
Reduced Breakfast	\$0.30	Reduced Lunch	\$0.40
Breakfast 7 th - 12 th	\$2.00	Lunch 1 st - 4 th	\$2.85
		Lunch 5 th - 12 th	\$3.15
Adult Breakfast	À la Carte	Adult Lunch	\$4.15

Breakfast Entrée	\$1.90
Lunch Entrée	\$2.75
Veg or Fruit	\$1.00
Extra Grain	\$1.00
Milk*	\$0.75

Brownie	\$1.00	Water 8oz/16oz	\$0.50-\$0.75
Chips	\$1.00	Tropicana Juice	\$2.00
Sunflower Seeds	\$1.00	Envy/V-8 Fusion	\$2.00
Rice Krispies/Minis	\$0.50 - \$1.00	Yogurt Smoothie	\$2.50
Pop Tart	\$0.75	Ice Cream	\$1.00 - \$2.00
Cookie	\$1.25	G2 Gatorade/ Soda**	\$1.50
Nutri-Grain Bar	\$1.50	Izzy, Sparkling Ice, Green Tea**	\$2.00
		HIGH SCHOOL ONLY	**

Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit w/ Sausage & Gravy Cereal (V)	English Muffin Egg & Cheese (V) Cereal (V)	French Toast (V) Cereal (V)	Cinnamon Roll (V) Cereal (V)	Pancake Stick Cereal (V)
Cream Cheese Bagel (V) Cereal (V)	Pancake Sausage Bites Cereal (V)	Burrito Wrap Cereal (V)	Powdered Donuts (V) Cereal (V)	Pancake Sausage Sandwich Cereal (V)
Muffins Assorted (V) Cereal (V)	Breakfast Pizza Cereal (V)	Pancakes (V) Cereal (V)	Honeybun (V) Cereal (V)	Kolache Cereal (V)
Sausage Biscuit Cereal (V)	Ham Bar w/ Biscuit Cereal (V)	Pancake Glazed (V) Cereal (V)	Breakfast Bread (V) Cereal (V)	Concha (V) Cereal (V)

Fresh Fruit, Juice and Milk served daily at Breakfast.

(V): Vegetarian Entrée.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or **fax:** (833) 256-1665 or (202) 690-7442; or **email:** program.intake@usda.gov This institution is an equal opportunity provider.

August 2022						
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September 2022						
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October 2022						
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November 2022						
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December 2022						
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Monday	Tuesday	Wednesday	Thursday	Friday
<i>Frito Pie Chicken w/Waffle Sunbutter Sandwich w/ Cheese Stick (V) Peas Celery Applesauce</i>	<i>Sweet Thai Chicken w/Rice Chicken Burger Chef Salad Spiral Fries Burger Salad Pineapple Tidbits</i>	<i>Spaghetti w/Breadstick Mozzarella Sticks (V) Ham & Cheese Sandwich Corn Grape Tomatoes Mandarin Oranges</i>	<i>Enchiladas (V) Burrito Italian Sub Romaine Salad Refried Beans Fruit Cocktail</i>	<i>Fish Nuggets w/Mac & Cheese Grilled Cheese(V) Turkey Cheese Croissant Tomato Soup Cucumbers Peaches</i>
<i>Three Bean Chili w/Cornbread(V) Corndog Minis Turkey Hoagie Carrots Green Beans Applesauce</i>	<i>Sriracha Chicken w/Rice Cheeseburger Chef Salad Spiral Fries Burger Salad Pineapple Tidbits</i>	<i>Lasagna w/Breadstick Pizza Square BLT Wrap Pea Salad Roasted Cauliflower Mandarin Oranges</i>	<i>Beef Nachos Chicken Flauta Grilled Chicken Salad w/Cornbread Muffin Seasoned Beans Romaine Salad Fruit Cocktail</i>	<i>Seafood Platter Corn Dog Sunbutter Sandwich w/ Cheese Stick (V) Grape Tomatoes Mixed Vegetables Pears</i>
<i>Pulled Pork w/Chips Country Fried Steak w/ Roll Pita Cheese Wrap (V) Pork & Beans Coleslaw Applesauce</i>	<i>Chicken Eggroll w/Fried Rice Grilled Chicken Burger Chef Salad Burger Salad Broccoli Pineapple Tidbits</i>	<i>Meatball Alfredo w/Breadstick French Bread Pizza Turkey & Cheese Croissant Carrots Cucumbers Mandarin Oranges</i>	<i>Quesadilla Chicken Fajita Soft Taco Sunbutter Sandwich w/ Cheese Stick (V) Romaine Salad Mexicali Corn Fruit Cocktail</i>	<i>Fish Sandwich Mac & Cheese w/Roll (V) Tuna Salad Croissant Grape Tomatoes Tater Tots Peaches</i>
<i>Turkey & Gravy Beef Fingers Broccoli Soup(V) Roll Carrots Mashed Potatoes Applesauce</i>	<i>Cherry Blossom w/Rice Chicken Nuggets w/Gingerbread Chef Salad Green Beans Spinach Salad Pineapple Tidbits</i>	<i>Pizza Slice Chicken Wings w/Biscuit Ham & Cheese Sandwich Corn Grape Tomatoes Mandarin Oranges</i>	<i>Carne Adovada w/Tortilla Tamales Bistro Box (V) Spanish Rice Refried Beans Celery Fruit Cocktail</i>	<i>Baja Fish Soft Taco Chicken Tenders w/ Cornbread Muffin Pasta Salad Vegetable Soup Broccoli Slaw Pears</i>

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 2023						
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February 2023						
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March 2023						
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April 2023						
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May 2023						
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