

Hornet Cafe

Flour Bluff ISD School Nutrition

2023-2024

BREAKFAST

7th-8th

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

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



www.myschoolbucks.com

SchoolLunchApp.com



SquareMeals.org



Meal Prices			
Reduced Breakfast	No Charge	Reduced Lunch	\$0.40
Breakfast 7 th - 12 th	\$2.10	Lunch 5 th - 12 th	\$3.25
Adult Breakfast	\$3.10	Adult Lunch	\$4.75

À la Carte Prices	
Student Breakfast Entrée	\$1.90
Adult Breakfast Entrée	\$2.35
Student Lunch Entrée	\$2.75
Adult Lunch Entree	\$4.00
Veg or Fruit	\$1.00
Extra Grain	\$1.00
Milk	\$0.75

À la Carte Snack Prices 5 th - 12 th Grade			
Mini Rice Krispie/ Rice Krispie	\$0.50 - \$1.00	Ice Cream	\$1.25 - \$2.25
Sunflower Seeds	\$1.00	Nutri-Grain Bar	\$2.00
Pop Tart	\$1.00	Water 8oz/16oz	\$0.50-\$1.00
Chips	\$1.25	Envy	\$2.25
Brownie	\$1.25	Tropicana Juice	\$2.50
Cookie	\$1.25	Yogurt Smoothie	\$3.00

Breakfast				
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Pizza Bagel Fresh Fruit Milk	English Muffin Egg & Cheese (V) Fresh Fruit Milk	French Toast (V) Fresh Fruit Milk	Biscuit w/Sausage Gravy Fresh Fruit Milk	Pancake Bites Fresh Fruit Milk
Muffins (V) Fresh Fruit Milk	Mini Cinni (V) Fresh Fruit Milk	Burrito Wrap Fresh Fruit Milk	Chicken & Waffle Fresh Fruit Milk	Pancake Sausage Sandwich Fresh Fruit Milk
Cream Cheese Bagel (V) Fresh Fruit Milk	Breakfast Pizza Fresh Fruit Milk	Pancakes (V) Fresh Fruit Milk	Breakfast Bread (V) Fresh Fruit Milk	Kolache Fresh Fruit Milk
Sausage Biscuit Fresh Fruit Milk	Ham Bar w/ Biscuit Fresh Fruit Milk	Pancake Glazed (V) Fresh Fruit Milk	Egg Sausage Bite Fresh Fruit Milk	Concha (V) Fresh Fruit Milk

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, audiotape, 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.

FBISD 7th - 8th Grade

August 2023							September 2023							October 2023							November 2023							December 2023						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17 1/2	18	10	11	12	13	14	15 1/2	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			24	25	26	27	28	29	30

Monday	Tuesday	Wednesday	Thursday	Friday
Frito Pie Chicken w/Waffle Sunbutter Sandwich w/ Cheese Stick (V) Peas Celery Applesauce	Teriyaki Chicken w/Rice Chicken Burger Chef Salad Potato Wedges Side Salad Pineapple Tidbits	Meatball Alfredo w/Breadstick Mozzarella Sticks (V) Ham & Cheese Sandwich Corn Grape Tomatoes Mandarin Oranges	Enchiladas (V) Burrito Italian Sub Romaine Salad Refried Beans Fruit Cocktail	Fish Nuggets w/Mac & Cheese Grilled Cheese(V) Turkey Cheese Croissant Tomato Soup Cucumbers Peaches
Sloppy Joe Corndog Minis Turkey Hoagie Carrots Green Beans Applesauce	Chicken Eggroll w/Fried Rice Cheeseburger Chef Salad French Fries Side Salad Pineapple Tidbits	Lasagna w/Breadstick Pizza Square BLT Wrap Pea Salad Roasted Cauliflower Mandarin Oranges	Beef Nachos Chicken Flauta Turkey Lunch Box Seasoned Beans Romaine Salad Fruit Cocktail	Fish -n- Chicken Platter Corn Dog Sunbutter Sandwich w/ Cheese Stick (V) Grape Tomatoes Mixed Vegetables Pears
Pulled Pork w/Chips Country Fried Steak w/ Roll Pita Cheese Wrap (V) Pork & Beans Coleslaw Applesauce	Potstickers Grilled Chicken Burger Chef Salad Broccoli Side Salad Pineapple Tidbits	Spaghetti w/Breadstick French Bread Pizza Ham & Cheese Croissant Carrots Cucumbers Mandarin Oranges	Quesadilla Chicken Fajita Soft Taco Sunbutter Sandwich w/ Cheese Stick (V) Mexicali Corn Romaine Salad Fruit Cocktail	Fish Sandwich Mac & Cheese w/Roll (V) Tuna Salad Croissant Grape Tomatoes Tater Tots Peaches
Turkey & Gravy Beef Fingers Broccoli Soup(V) Roll Carrots Mashed Potatoes Applesauce	Cherry Blossom w/Rice Chicken Nuggets w/Gingerbread Chef Salad Green Beans Spinach Salad Pineapple Tidbits	Pizza Slice Chicken Wings w/Biscuit Parfait Corn Celery Mandarin Oranges	Picadillo w/Tortilla Tamales Sunbutter Bistro Box (V) Refried Beans Grape Tomatoes Fruit Cocktail	Baja Fish Soft Taco Chicken Tenders w/ Cornbread Muffin Pasta Salad Vegetable Soup Broccoli Slaw 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 2024							February 2024							March 2024							April 2024							May 2024						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30	31				25	26	27	28	29			31							28	29	30					26	27	28	29	30		