

# Hornet Café

Flour Bluff ISD School Nutrition  
2023-2024  
BIC Menu  
K-4th

**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



SquareMeals.org



| Meal Prices                             |        |
|---|--------|
| Breakfast PK - 6 <sup>th</sup>          | FREE   |
| Lunch PK - K                            | FREE   |
| Reduced Lunch                           | \$0.40 |
| Lunch 1 <sup>st</sup> - 4 <sup>th</sup> | \$2.95 |
| Adult Breakfast                         | \$3.10 |
| Adult Lunch                             | \$4.75 |

**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](http://www.flourbluffschoools.net) and click the lunch menu icon for online payment



[www.myschoolbucks.com](http://www.myschoolbucks.com)

| 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 |

| Ala Carte PreK-4th |               |
|--------------------|---------------|
| Water 8oz/16oz     | \$0.50-\$1.00 |

| Breakfast  |   |  |   |   |
|--|---|--|---|---|
| Monday   | Tuesday   | Wednesday                                    | Thursday                                      | Friday  |
| Pizza Bagel<br>Fresh Fruit<br>Milk               | English Muffin<br>Egg & Cheese (V)<br>Fresh Fruit<br>Milk | French<br>Toast(V)<br>Fresh Fruit<br>Milk    | Cereal (V)<br>Fresh Fruit<br>Milk             | Pancake<br>Stick<br>Fresh Fruit<br>Milk               |
| Muffins (V)<br>Fresh Fruit<br>Milk               | Cinni Mini (V)<br>Fresh Fruit<br>Milk                     | Burrito Wrap<br>Fresh Fruit<br>Milk          | Chicken &<br>Waffle<br>Fresh Fruit<br>Milk    | Pancake<br>Sausage<br>Sandwich<br>Fresh Fruit<br>Milk |
| Cream Cheese<br>Bagel (V)<br>Fresh Fruit<br>Milk | Breakfast Pizza<br>Fresh Fruit<br>Milk                    | Pancakes (V)<br>Fresh Fruit<br>Milk          | Breakfast<br>Bread (V)<br>Fresh Fruit<br>Milk | Kolache<br>Fresh Fruit<br>Milk                        |
| Sausage Biscuit<br>Fresh Fruit<br>Milk           | Cereal (V)<br>Fresh Fruit<br>Milk                         | Pancake<br>Glazed (V)<br>Fresh Fruit<br>Milk | Egg Sausage<br>Bite<br>Fresh Fruit<br>Milk    | Concha (V)<br>Fresh Fruit<br>Milk                     |

Fresh Fruit, Juice and Milk served daily at Breakfast.

(V): Vegetarian Entrée.

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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](mailto:program.intake@usda.gov) This institution is an equal opportunity provider.

# FBISD Kindergarten -4th 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  |
|             |    | 1  | 2  | 3  | 4  | 5  |                |    |    |    |    | 1  | 2  | 1            | 2  | 3  | 4  | 5  | 6  | 7  |               |    |    | 1  | 2  | 3      | 4  |               |    |    |    |    | 1      | 2  |
| 6           | 7  | 8  | 9  | 10 | 11 | 12 | 3              | 4  | 5  | 6  | 7  | 8  | 9  | 8            | 9  | 10 | 11 | 12 | 13 | 14 | 5             | 6  | 7  | 8  | 9  | 10     | 11 | 3             | 4  | 5  | 6  | 7  | 8      | 9  |
| 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 |

| <u>Monday</u>  | <u>Tuesday</u>  | <u>Wednesday</u>  | <u>Thursday</u>   | <u>Friday</u>  |
|--|---|---|---|--|
| <i>Frito Pie<br/>Sunbutter Sandwich<br/>w/ Cheese Stick (V)<br/>Peas<br/>Celery<br/>Applesauce</i>   | <i>Chicken Burger<br/>Chef Salad<br/>Potato Wedges<br/>Burger Salad<br/>Pineapple Tidbits</i>                   | <i>Mozzarella Sticks (V)<br/>Ham &amp; Cheese Sandwich<br/>Corn<br/>Grape Tomatoes<br/>Mandarin Oranges</i> | <i>Burrito<br/>Italian Sub<br/>Romaine Salad<br/>Refried Beans<br/>Fruit Cocktail</i>                                   | <i>Grilled Cheese(V)<br/>Turkey Cheese Croissant<br/>Tomato Soup<br/>Cucumbers<br/>Peaches</i>                   |
| <i>Corndog Minis<br/>Turkey Hoagie<br/>Carrots<br/>Green Beans<br/>Applesauce</i>                    | <i>Cheeseburger<br/>Chef Salad<br/>French Fries<br/>Burger Salad<br/>Pineapple Tidbits</i>                      | <i>Pizza Square<br/>BLT Wrap<br/>Pea Salad<br/>Roasted Cauliflower<br/>Mandarin Oranges</i>                 | <i>Flautas<br/>Turkey Lunch Box<br/>Seasoned Beans<br/>Romaine Salad<br/>Fruit Cocktail</i>                             | <i>Corn Dog<br/>Sunbutter Sandwich<br/>w/ Cheese Stick (V)<br/>Grape Tomatoes<br/>Mixed Vegetables<br/>Pears</i> |
| <i>Pulled Pork w/Chips<br/>Pita Cheese Wrap (V)<br/>Pork &amp; Beans<br/>Coleslaw<br/>Applesauce</i> | <i>Grilled Chicken Burger<br/>Chef Salad<br/>Broccoli<br/>Burger Salad<br/>Pineapple Tidbits</i>                | <i>French Bread Pizza (V)<br/>Ham &amp; Cheese Croissant<br/>Carrots<br/>Cucumbers<br/>Mandarin Oranges</i> | <i>Quesadilla<br/>Sunbutter Sandwich<br/>w/ Cheese Stick (V)<br/>Mexicali Corn<br/>Romaine Salad<br/>Fruit Cocktail</i> | <i>Mac &amp; Cheese w/Roll (V)<br/>Tuna Salad Croissant<br/>Grape Tomatoes<br/>Tater Tots<br/>Peaches</i>        |
| <i>Beef Fingers<br/>Broccoli Soup(V)<br/>Roll<br/>Carrots<br/>Mashed Potatoes<br/>Applesauce</i>     | <i>Chicken Nuggets<br/>w/Gingerbread<br/>Chef Salad<br/>Green Beans<br/>Spinach Salad<br/>Pineapple Tidbits</i> | <i>Pizza Slice<br/>Parfait<br/>Corn<br/>Celery<br/>Mandarin Oranges</i>                                     | <i>Tamales<br/>Sunbutter Bistro Box (V)<br/>Refried Beans<br/>Grape Tomatoes<br/>Fruit Cocktail</i>                     | <i>Chicken Tenders<br/>w/ Cornbread Muffin<br/>Pasta Salad<br/>Vegetable Soup<br/>Broccoli Slaw<br/>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 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  |
|              | 1  | 2  | 3  | 4  | 5  | 6  |               |    |    |    | 1  | 2  | 3  |            |    |    |    |    | 1     | 2  |            | 1  | 2  | 3  | 4  | 5  | 6  |          |    |    | 1  | 2  | 3  | 4  |
| 7            | 8  | 9  | 10 | 11 | 12 | 13 | 4             | 5  | 6  | 7  | 8  | 9  | 10 | 3          | 4  | 5  | 6  | 7  | 8 1/2 | 9  | 7          | 8  | 9  | 10 | 11 | 12 | 13 | 5        | 6  | 7  | 8  | 9  | 10 | 11 |
| 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 |    |    |