

# Hornet Cafe

Flour Bluff ISD School Nutrition  
2023-2024  
PREK

**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



**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)

## Meal Prices

Breakfast	FREE
Lunch	FREE
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

## Ala Carte PreK-4th

Water 8oz/16oz	\$0.50-\$1.00
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## 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	Cereal Fresh Fruit Milk	Pancake Stick Fresh Fruit Milk
Muffins Assorted (V) Fresh Fruit Milk	Cereal 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	Cereal Fresh Fruit Milk	Kolache Fresh Fruit Milk
Sausage Biscuit Fresh Fruit Milk	Cereal (V) 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.**

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# Pre-K Lunch Menu

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</i> <i>Celery</i> <i>Applesauce</i> <i>1% Milk</i>	<i>Chicken Burger</i> <i>Potato Wedges</i> <i>Pineapple Tidbits</i> <i>1% Milk</i>	<i>Mozzarella Sticks (V)</i> <i>Grape Tomatoes</i> <i>Mandarin Oranges</i> <i>1% Milk</i>	<i>Burrito</i> <i>Refried Beans</i> <i>Fruit Cocktail</i> <i>1% Milk</i>	<i>Grilled Cheese (V)</i> <i>Tomato Soup</i> <i>Peaches</i> <i>1% Milk</i>
<i>Corndog Minis</i> <i>Carrots</i> <i>Applesauce</i> <i>1% Milk</i>	<i>Cheeseburger</i> <i>French Fries</i> <i>Pineapple Tidbits</i> <i>1% Milk</i>	<i>Pizza Square Cheese (V)</i> <i>Pea Salad</i> <i>Mandarin Oranges</i> <i>1% Milk</i>	<i>Flautas</i> <i>Seasoned Beans</i> <i>Fruit Cocktail</i> <i>1% Milk</i>	<i>Sunbutter Sandwich (V)</i> <i>Grape Tomatoes</i> <i>Pears</i> <i>1% Milk</i>
<i>Pulled Pork w/Chips</i> <i>Pork &amp; Beans</i> <i>Applesauce</i> <i>1% Milk</i>	<i>Grilled Chicken Burger</i> <i>Broccoli</i> <i>Pineapple Tidbits</i> <i>1% Milk</i>	<i>French Bread Cheese</i> <i>Pizza (V)</i> <i>Cucumbers</i> <i>Mandarin Oranges</i> <i>1% Milk</i>	<i>Quesadilla</i> <i>Mexicali Corn</i> <i>Fruit Cocktail</i> <i>1% Milk</i>	<i>Mac &amp; Cheese (V)</i> <i>Tater Tots</i> <i>Peaches</i> <i>1% Milk</i>
<i>Beef Fingers</i> <i>Mashed Potatoes</i> <i>Applesauce</i> <i>1% Milk</i>	<i>Chicken Nuggets</i> <i>Green Beans</i> <i>Pineapple Tidbits</i> <i>1% Milk</i>	<i>Pizza Slice Cheese (V)</i> <i>Celery</i> <i>Mandarin Oranges</i> <i>1% Milk</i>	<i>Sunbutter Bistro Box( V)</i> <i>1% Milk</i>	<i>Chicken Tenders</i> <i>Broccoli Slaw</i> <i>Pears</i> <i>1% Milk</i>

Milk Component:  
1% White 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		