

Hornet Café

Flour Bluff ISD School Nutrition
2023-2024
BREAKFAST
9th-12th

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



www.myschoolbucks.com

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 5th - 12th Grade

Mini Rice Krispie/ Rice Krispie	\$0.50 - \$1.00	Water 8oz/16oz	\$0.50-\$1.00
Sunflower Seeds	\$1.00	G2 Gatorade/ Soda	\$2.00
Pop Tart	\$1.00	Envy	\$2.25
Chips	\$1.25	Izzy/ Sparkling Ice	\$2.50
Brownie	\$1.25	Tropicana Juice	\$2.50
Cookie	\$1.25	Green Tea	\$3.00
Ice Cream	\$1.25 - \$2.25	Yogurt Smoothie	\$3.00
Nutri-Grain Bar	\$2.00		

Breakfast

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

PIZZA (Cheese or Pepperoni), **BURGERS** (Beef, Chicken, Spicy Chicken) **SOUTH OF THE BORDER** (Tacos, Nachos, Frito Con Carne, Picadillo) **Refried Beans, Side Salad and Potato Fries Daily**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<i>Chicken & Waffle Pizza, Burger & South of the Border Sunbutter Sandwich w/ Cheese Stick (V) Peas Side Salad Applesauce</i>	<i>Teriyaki Chicken w/Rice Pizza, Burger & South of the Border Chef Salad Potato Wedges Side Salad Pineapple Tidbits</i>	<i>Mozzarella Sticks (V) Pizza, Burger & South of the Border Ham & Cheese Sandwich Cucumbers Side Salad Mandarin Oranges</i>	<i>Enchiladas (V) Pizza, Burger & South of the Border Italian Sub Refried Beans Side Salad Fruit Cocktail</i>	<i>Grilled Cheese(V) Pizza, Burger & South of the Border Turkey Cheese Croissant Tomato Soup French Fries Peaches</i>
<i>Corndog Minis Pizza, Burger & South of the Border Turkey Hoagie Carrots Side Salad Applesauce</i>	<i>Chicken Eggrolls w/Fried Rice Pizza, Burger & South of the Border Chef Salad French Fries Side Salad Pineapple Tidbits</i>	<i>Lasagna w/Breadstick Pizza, Burger & South of the Border BLT Wrap Roasted Cauliflower Side Salad Mandarin Oranges</i>	<i>Chicken Flautas Pizza, Burger & South of the Border Turkey Lunch Box Refried Beans Side Salad Fruit Cocktail</i>	<i>Corn Dog Pizza, Burger & South of the Border Sun butterk Sandwich w/ Cheese Stick (V) French Fries Mixed Vegetables Pears</i>
<i>Pulled Pork w/Chips/ Pizza, Burger & South of the Border Pita Cheese Wrap (V) Coleslaw Side Salad Applesauce</i>	<i>Potstickers Pizza, Burger & South of the Border Chef Salad Broccoli Side Salad Pineapple Tidbits</i>	<i>Spaghetti w/Breadstick Pizza, Burger & South of the Border Ham & Cheese Croissant Cucumbers Side Salad Mandarin Oranges</i>	<i>Quesadilla Pizza, Burger & South of the Border Sun butter Sandwich w/ Cheese Stick (V) Mexicali Corn Refried beans Fruit Cocktail</i>	<i>Mac & Cheese w/Roll (V) Pizza, Burger & South of the Border Tuna Salad Croissant Tater Tots Grape Tomatoes Peaches</i>
<i>Beef Fingers w/Roll Pizza, Burger & South of the Border Broccoli Soup(V) w/Roll Mashed Potatoes Side Salad Applesauce</i>	<i>Cherry Blossom w/Rice Pizza, Burger & South of the Border Chef Salad Green Beans Side Salad Pineapple Tidbits</i>	<i>Chicken Wings w/Biscuit Pizza, Burger & South of the Border Parfait Celery French Fries Mandarin Oranges</i>	<i>Tamales Pizza, Burger & South of the Border Sun butter Bistro Box (V) Spanish Rice Refried Beans Grape Tomatoes Fruit Cocktail</i>	<i>Chicken Tenders w/ Cornbread Muffin Pizza, Burger & South of the Border Pasta Salad French Fries Side Salad Pears</i>

Milk Component: Choice of Fat Free Chocolate, 1% White Milk, Skim Milk

(V): Vegetarian Entrée

Fresh Fruit Served Daily.

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														
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8 1/2	9		1	2	3	4	5	6							
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		