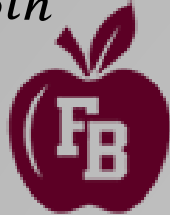


Hornet Cafe

Flour Bluff ISD School Nutrition
2024-2025

BIC Menu
5th-6th

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



nutrition
FLOUR BLUFF ISD

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

NutriCloud
STREAMLINING FREE & REDUCED APPLICATIONS



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



Meal Prices

Breakfast PK - 6 th	FREE
Reduced Lunch	\$0.40
Lunch 5 th - 12 th	\$3.35
Adult Breakfast	\$3.30
Adult Lunch	\$5.00

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	\$1.00

À la Carte Snack Prices 5th - 12th Grade

Mini Rice Krispie/ Rice Krispie	\$0.50 - \$1.00	Ice Cream	\$1.50 - \$2.50
Sunflower Seeds	\$1.00	Nutri-Grain Bar	\$2.00
Pop Tart	\$1.00	Water 8oz/16oz	\$0.50-\$1.00
Chips	\$1.25	Tropicana Juice	\$2.50
Brownie	\$1.25	Yogurt Smoothie	\$3.00
Cookie	\$1.50		

Breakfast

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<i>Pizza Bagel(P) Fresh Fruit Milk</i>	<i>English Muffin Egg & Cheese (V) Fresh Fruit Milk</i>	<i>French Toast(V) Fresh Fruit Milk</i>	<i>Cereal (V) Fresh Fruit Milk</i>	<i>Pancake Stick Fresh Fruit Milk</i>
<i>Muffins (V) Fresh Fruit Milk</i>	<i>Chicken & Cheese Waffle Fresh Fruit Milk</i>	<i>Empanada Fresh Fruit Milk</i>	<i>Cinnamon Roll(V) Fresh Fruit Milk</i>	<i>Pancake Sausage Sandwich Fresh Fruit Milk</i>
<i>Cream Cheese Bagel (V) Fresh Fruit Milk</i>	<i>Breakfast Croissant Fresh Fruit Milk</i>	<i>Pancakes (V) Fresh Fruit Milk</i>	<i>Breakfast Bread (V) Fresh Fruit Milk</i>	<i>Kolache Fresh Fruit Milk</i>
<i>Sausage Cheese Sandwich Fresh Fruit Milk</i>	<i>Breakfast Pizza Fresh Fruit Milk</i>	<i>Pancake Glazed (V) Fresh Fruit Milk</i>	<i>Cereal (V) Fresh Fruit Milk</i>	<i>Concha (V) Fresh Fruit Milk</i>

PORK (P) 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 5th - 6th Grade

August 2024							September 2024							October 2024							November 2024							December 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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11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Frito Pie Chicken w/Waffle Sun butter Sandwich w/ Cheese Stick (V) Peas Celery Applesauce	Teriyaki Chicken w/Rice Chicken Burger Chef Salad (P) Potato Wedges Side Salad Pineapple Tidbits	Chicken Alfredo w/,Pasta 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 Cheeseburger Chef Salad (P) French Fries Side Salad Pineapple Tidbits	Lasagna w/Breadstick Pizza Pull Apart (V) 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 Sun butter 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 (P) Broccoli Side Salad Pineapple Tidbits	Spaghetti w/Breadstick French Bread Pizza (V) (P) Ham & Cheese Croissant Carrots Cucumbers Mandarin Oranges	Frito Con Carne Tamales Sun butter 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 (P) Green Beans Spinach Salad Pineapple Tidbits	Pizza Slice Chicken Wings w/Biscuit Parfait Corn Celery Mandarin Oranges	Quesadilla Chicken Fajita Soft Taco Sun butter 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. Note: Menu & Substitutions can occur without notice

January 2025							February 2025							March 2025							April 2025							May 2025																		
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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19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24												
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