

Hornet Cafe

Flour Bluff ISD School Nutrition
2024-2025
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



Reduced Breakfast	No Charge	Reduced Lunch	\$0.40
Breakfast 7 th - 12 th	\$2.20	Lunch 5 th - 12 th	\$3.35
Adult Breakfast	\$3.30	Adult Lunch	\$5.00

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

Mini Krispie / Krispie Treat	\$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	Envy	\$2.25
Brownie	\$1.50	Tropicana Juice	\$2.50
Cookie	\$1.50	Yogurt Smoothie	\$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Bagel (P) Cereal (V) Fresh Fruit	English Muffin Egg & Cheese (V) Cereal (V) Fresh Fruit	French Toast (V) Cereal (V) Fresh Fruit	Biscuit Sausage(P) Gravy Cereal (V) Fresh Fruit	Mini Bites Cereal (V) Fresh Fruit
Muffins (V) Cereal (V) Fresh Fruit	Chicken & Cheese Waffle Cereal (V) Fresh Fruit	Empanada Cereal (V) Fresh Fruit	Cinnamon Roll(V) Cereal (V) Fresh Fruit	Pancake Sausage Sandwich Cereal (V) Fresh Fruit
Cream Cheese Bagel (V) Cereal (V) Fresh Fruit	Breakfast Croissant Cereal (V) Fresh Fruit	Pancakes (V) Cereal (V) Fresh Fruit	Breakfast Bread (V) Cereal (V) Fresh Fruit	Kolache Cereal (V) Fresh Fruit
Sausage Cheese Sandwich Cereal (V) Fresh Fruit	Breakfast Pizza Cereal (V) Fresh Fruit	Pancake Glazed (V) Cereal (V) Fresh Fruit	Ham Bar w/ Biscuit Cereal (V) Fresh Fruit	Concha (V) Cereal (V) Fresh Fruit

PORK(P) Fresh Fruit, Juice and Milk served daily at Breakfast (V): Vegetarian Entrée.

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FBISD 7th - 8th 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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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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