

Hornet Café

Flour Bluff ISD School Nutrition
2024-2025
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



Meal Prices	
Breakfast PK - 6 th	FREE
Lunch PK - K	FREE
Reduced Lunch	\$0.40
Lunch 1 st - 4 th	\$3.05
Adult Breakfast	\$3.30
Adult Lunch	\$5.00

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



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

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

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

PORK(P)

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

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FBISD Kindergarten -4th 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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4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
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 Sunbutter Sandwich w/ Cheese Stick (V) Peas Celery Applesauce	Chicken Burger Chef Salad (P) Potato Wedges Burger Salad Pineapple Tidbits	Mozzarella Sticks (V) Ham & Cheese Sandwich Corn Grape Tomatoes Mandarin Oranges	Burrito Italian Sub Romaine Salad Refried Beans Fruit Cocktail	Grilled Cheese(V) Turkey Cheese Croissant Tomato Soup Cucumbers Peaches
Corndog Minis Ham Hoagie Carrots Green Beans Applesauce	Cheeseburger Chef Salad (P) French Fries Burger Salad Pineapple Tidbits	Pizza Pull Apart (V) BLT Wrap Pea Salad Roasted Cauliflower Mandarin Oranges	Flautas Turkey Lunch Box Seasoned Beans Romaine Salad Fruit Cocktail	Corn Dog Sunbutter Sandwich w/ Cheese Stick (V) Grape Tomatoes Mixed Vegetables Pears
Pulled Pork w/Chips Pita Cheese Wrap (V) Pork & Beans Coleslaw Applesauce	Grilled Chicken Burger Chef Salad (P) Broccoli Burger Salad Pineapple Tidbits	French Bread Pizza (V) (P) Ham & Cheese Croissant Carrots Cucumbers Mandarin Oranges	Frito Con Carne Sunbutter Sandwich w/ Cheese Stick (V) Mexicali Corn Romaine Salad Fruit Cocktail	Mac & Cheese w/Roll (V) Tuna Salad Croissant Grape Tomatoes Tater Tots Peaches
Beef Fingers Broccoli Soup(V) Roll Carrots Mashed Potatoes Applesauce	Chicken Nuggets w/Gingerbread Chef Salad (P) Green Beans Spinach Salad Pineapple Tidbits	Pizza Slice Parfait Corn Celery Mandarin Oranges	Quesadilla Sun butter Bistro Box (V) Refried Beans Grape Tomatoes Fruit Cocktail	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.

White Box = No School
 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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12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
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
26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31