

Hornet Cafe

Flour Bluff ISD School Nutrition
2024-2025
PREK

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



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



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	FREE
Lunch	FREE
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

Ala Carte PreK-4th

Water 8oz/16oz	\$0.50-\$1.00
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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 Fresh Fruit Milk	Pancake Stick Fresh Fruit Milk
Muffins (V) Fresh Fruit Milk	Chicken & Cheese Waffle Fresh Fruit Milk	Empanada Fresh Fruit Milk	Cereal 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	Cereal 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

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

Pre-K Lunch Menu

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
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5						1/2	2	1	2	3	4	5	6	7
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>
<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 Pull Apart (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>Sun butter Sandwich (V)</i> <i>Grape Tomatoes</i> <i>Pears</i> <i>1% Milk</i>
<i>Pulled Pork w/Chips</i> <i>Pork & 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>Frito Con Carne</i> <i>Mexicali Corn</i> <i>Fruit Cocktail</i> <i>1% Milk</i>	<i>Mac & 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>Sun butter Bistro Box (V)</i> <i>% Milk</i>	<i>Chicken Tenders</i> <i>Broccoli Slaw</i> <i>Pears</i> <i>1% Milk</i>

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

(V): Vegetarian Entrée

(P) Pork Product

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
			1	2	3	4							1							1			1	2	3	4	5					1	2	3
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7 1/2	8	6	7	8	9	10	11 1/2	12	4	5	6	7	8	9	10
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 1/2	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 1/2	30	31