

Meal Prices			
Breakfast 5 th - 6 th	Free	Lunch 5 th - 8 th	\$2.85
Breakfast 7 th - 8 th	\$1.85	Reduced Lunch	\$0.40
Reduced Breakfast 7 th - 8 th	\$.30	Adult Lunch	\$3.85
Adult Breakfast	À la Carte		



SquareMeals.org

Hornet Café

Flour Bluff ISD School Nutrition
2019-2020
5th - 8th Grades Menu

À la Carte					
Breakfast Entrée	\$1.75	Milk	\$0.75	Lunch Entrée	\$2.50
Vegetable or Fruit Side	\$1.00	Popcorn	\$1.00	V-8 Fusion	\$1.50
Brownie	\$0.85	Cookie	\$1.00	Bottle Water	\$0.75
Chips	\$0.75	Fruit Juice	\$1.50	Fruit 20 Water	\$1.50
Tropicana Juice	\$2.00	Rice Krispy	\$1.00	Ice Cream	\$1.00 - \$2.00

Breakfast				
Monday	Tuesday	Wednesday	Thursday	Friday
Muffin Variety Assorted Cereal	Egg Omelet w/Sausage Links Assorted Cereal	French Toast w/Sausage Patty Assorted Cereal Smoothie	Cinnamon Roll Assorted Cereal	Blueberry Pancake Wrap Assorted Cereal
Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk
Mini Strawberry Bagel Assorted Cereal	Pancake Sausage Bites Assorted Cereal	Ham/Egg & Cheese Croissant Assorted Cereal Fruit Parfait	Donut Hole w/Icing Assorted Cereal	Mini Pancake w/Bacon Assorted Cereal
Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk
Mini Cinni Assorted Cereal	Ham Bar w/Biscuit Assorted Cereal	Concha Variety Assorted Cereal Kolache	Egg Wrap Assorted Cereal	Pancake Sausage Sandwich Assorted Cereal
Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk	Fruit Juice & Milk

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



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 (select up to 2 vegetables)
 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.flourbluffschools.net and click the lunch menu icon for online payment.



Breakfast Meal Deal: Includes 3 food components. A Fruit or vegetable **MUST** be selected for a complete Meal Deal (Reimbursable Meal)

- Food Components:**
1. Grain (with optional meat allowed)
 2. Fruit/Vegetable (select up to two components)
 3. Milk

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)
If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program_intake@usda.gov.
Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).
USDA is an equal opportunity provider and employer

August 2019						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2019						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2019						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2019						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2019						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<i>Meat & Grain Component</i>	Chicken Burger Cheese Sticks w/Marinara Sauce Sunbutter Crustables Bean & Cheese Chalupa	Big Daddy Pepperoni Pizza Turkey & Gravy w/Dinner Roll Ham & Cheese Sub Beef Fingers	Spaghetti w/Meat Sauce w/Sub Roll Cherry Blossom Chicken w/Rice Chef Salad Chicken & Waffle Sandwich	Fish Nuggets w/Mac & Cheese Mini Corndogs Tuna Salad Pepperoni Pinwheel	Lasagna w/Dinner Roll Country Fried Steak w/Gravy Turkey & Cheese Croissant Carne Adovada w/Rice
<i>Vegetable & Fruit</i>	Savory Fries Celery Sticks Side Salad Diced Pears Fresh Fruit	Mashed Potatoes Green Peas Romaine Salad Mandarin Oranges Fresh Fruit	Malibu Blend Vegetables Spinach Salad Mini Carrots Applesauce Fresh Fruit	Green Beans Corn On the Cob Spring Salad Diced Peaches Fresh Fruit	Italian Vegetables Broccoli Bites Garden Salad Fruit Cocktail Fresh Fruit
<i>Meat & Grain Component</i>	Hamburger w/Cheese Chicken Drumstick Mediterranean Salad Swedish Meatballs w/Noodles	Big Daddy Cheese Pizza Frito Pie Sunbutter Crustables Spicy Chicken Sandwich	Grilled Cheese Sandwich General TSO's Chicken w/Rice Turkey & Cheese Croissant Beef Nacho's	Chicken Nuggets w/Sub Roll Three Cheese Enchilada w/Spanish Rice Chicken Salad Salisbury Steak	Bean & Cheese Chalupa Philly Steak & Cheese Sub Ham & Cheese Sub Mini Corndogs
<i>Vegetable & Fruit</i>	Savory Loops Potatoes Pork & Beans Side Salad Diced Pears Fresh Fruit	Spudsters Potato Glazed Carrots Spring Salad Mandarin Orange Fresh Fruit	Tomato Soup Mixed Vegetables Slice Cucumbers Pineapple Tidbits Fresh Fruit	Seasoned Beans Celery Stick Romaine Salad Diced Peaches Fresh Fruit	Mexicali Corn Steamed Broccoli Shredded Salad w/Diced Tomatoes Fruit Cocktail Fresh Fruit
<i>Meat & Grain Component</i>	Pepperoni Pinwheel Chicken Alfredo w/Sub Roll Turkey Cheese Sticks	Chicken Strips w/Soft Pretzel Carne Guisada w/Rice Sunbutter Crustables Big Daddy 4 Meat Pizza	Pulled Pork w/Pickle Spear & Chips Meatball Sub Pita Cheese Wrap Thai Sweet Chili w/Rice	Sloppy Joe Chicken Egg Roll w/Asian Noodle Chef Salad Mesquite Glazed Chicken	Burrito w/Chili Cheese Mini Cheese Ravioli Pasta Salad Spicy Chicken Sandwich
<i>Vegetable & Fruit</i>	California Blend Vegetable Cucumber Slices Spinach Salad Pineapple Tidbits Fresh Fruit	Vegetable Soup Garden Peas Spring Salad Mandarin Oranges Fresh Fruit	Baked Beans Coleslaw Garden Salad Applesauce Fresh Fruit	Sidewinders Potatoes Broccoli Bites Romaine Salad Diced Pears Fresh Fruit	Roasted Cauliflower Corn Salad Salsa & Chips Fruit Cocktail Fresh Fruit

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

Note: Menu subject to change without notice

White Box = No School

January 2020						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2020						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2020						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2020						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						