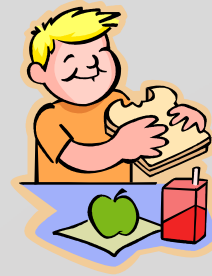




Meal Prices	
Breakfast	Free
Adult Breakfast	À la Carte
Pre-K Grade Lunch	Free
Adult Lunch	\$3.85



Hornet Café

Flour Bluff ISD School Nutrition
2019-2020
Pre-K Menu

À La Carte	
Breakfast Entree	\$1.75 *
Lunch Entree	\$2.50 *
Vegetable or Fruit Side	\$1.00 *
Milk	\$0.75 *
* Students are Allowed to Purchase Extra Food Items.	



SquareMeals.org

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
 5. 1% 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.

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

Food Components:

1. Grain (with optional meat allowed)
2. Fruit/Vegetables (select up to two components)
3. Milk



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Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Muffin	Cereal	French Toast	Cinnamon Roll	Blueberry Pancake Wrap
Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk
Mini Strawberry Bagel	Cereal	Ham/Egg & Cheese Croissant	Donut Hole w/Icing	Mini Pancake
Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk
Mini Cinni	Ham Bar	Cereal	Egg Wrap	Pancake Sausage Bites
Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk

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				

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Meat & Grain Component</i>	<i>Cheese Sticks w/Marinara</i>	<i>Big Daddy Pepperoni Pizza</i>	<i>Spaghetti w/Meat Sauce</i>	<i>Mini Corndogs</i>	<i>Lasagna w/Dinner Roll</i>
<i>Vegetable & Fruit Component</i>	<i>Savory Fries Diced Pears 1% Milk</i>	<i>Romaine Salad Mandarin Oranges 1% Milk</i>	<i>Mini Carrots Applesauce 1% Milk</i>	<i>Green Beans Diced Peaches 1% Milk</i>	<i>Broccoli Bites Fruit Cocktail 1% Milk</i>
<i>Meat & Grain Component</i>	<i>Chicken Drumstick</i>	<i>Big Daddy Cheese Pizza</i>	<i>Grilled Cheese Sandwich</i>	<i>Chicken Nuggets</i>	<i>Bean & Cheese Chalupa</i>
<i>Vegetable & Fruit Component</i>	<i>Pork & Beans Diced Pears % Milk</i>	<i>Spring Salad Mandarin Oranges 1% Milk</i>	<i>Sliced Cucumbers Pineapple Tidbits 1% Milk</i>	<i>Celery Sticks Diced Peaches 1% Milk</i>	<i>Mexicali Corn Fruit Cocktail 1% Milk</i>
<i>Meat & Grain Component</i>	<i>Chicken Alfredo</i>	<i>Carne Guisada w/Rice</i>	<i>Pulled Pork w/Pickle Spear Sandwich</i>	<i>Sloppy Joe</i>	<i>Burrito w/Chili & Cheese</i>
<i>Vegetable & Fruit Component</i>	<i>California Blend Vegetables Pineapple Tidbits 1% Milk</i>	<i>Garden Peas Mandarin Oranges 1% Milk</i>	<i>Baked Beans Applesauce 1% Milk</i>	<i>Sidewinders Diced Pear 1% Milk</i>	<i>Salsa & Chips Fruit Cocktail 1% Milk</i>

Milk Component: 1% White Milk served daily

Note: Menu subject to change without notice

White Box= No School

Peanut Substitute items on menu

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						