

Meal Prices			
Reduced Breakfast	\$0.30	Breakfast	\$1.85
Reduced Lunch	\$0.40	9 <sup>th</sup> - 12 <sup>th</sup> Grades Lunch	\$2.85
Adult Breakfast	À la Carte	Adult Lunch	\$3.90



SquareMeals.org

À la Carte Prices			
Breakfast Entrée	\$1.75	Lunch Entrée	\$2.50
Vegetable or Fruit Side	\$1.00	Milk	\$0.75
Brownie	\$0.85	Popcorn	\$1.00
Chips	\$0.75	Cookie	\$1.00
Tropicana Juice	\$2.00	V-8 Fusion	\$1.50
Bottle Water	\$0.75	Rice Krispy	\$1.00
Fruit 20 Water	\$1.50	G2 Gatorade	\$1.25
Ice Cream	\$1.00 - \$2.00	Diet Sodas	\$1.50

# Hornet Café

Flour Bluff ISD School Nutrition  
2019-2020  
9<sup>th</sup> - 12<sup>th</sup> Grades Menu

**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  
(Select up to two fruits)
4. Vegetable  
(Select up to two 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.flourbluffschoools.net](http://www.flourbluffschoools.net) and click the lunch menu icon for online payment

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Muffin Variety Assorted Cereal	Egg Omelet w/Sausage Link Assorted Cereal	French Toast w/Sausage Patty Assorted Cereal Smoothie	Cinnamon Roll Assorted Cereal	Blueberry Pancake Wrap Assorted Cereal
Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh 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 Pancakes w/Bacon Assorted Cereal
Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh 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
Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk	Fresh Fruit Juice & Milk

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](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](mailto: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>
Chicken Burger Cheese Stick Corn Muffin Sunbutter Sandwich Beef Tacos	Big Daddy Pepperoni Pizza Turkey & Gravy Dinner Roll Ham & Cheese Sub Beef Fingers	Spaghetti w/Meat Sauce Cherry Blossom Chicken w/Rice Sub Roll Chef Salad Chicken & Waffles	Fish Nuggets w/Mac & Cheese Mini Corndogs Tuna Salad Pepperoni Pinwheel	Lasagna Roll Ups Country Fried Steak w/Gravy Dinner Roll Turkey & Cheese Croissant Carne Adovada w/Rice
Savory Fries Celery Sticks Diced Pears Fresh Fruit	Mashed Potatoes Nother Beans Mandarin Oranges Fresh Fruit	Malibu Blend Vegetables Spinach Salad Mini Carrots Applesauce Fresh Fruit	Green Beans Corn on the Cob Tropical Fruit Fresh Fruit	Italian Vegetables Broccoli Bites Tropical Fruit Mix Fresh Fruit
Hamburger w/Cheese Chicken Drumstick Biscuit Mediterranean Salad Chicken Flauta	Big Daddy Four Cheese Pizza Frito Pie Sunbutter Sandwich Spicy Chicken Sandwich	Grilled Cheese Sandwich Beef Nacho's Turkey & Cheese Croissant General TSO's Chicken w/Rice	Chicken Nuggets Three Cheese Enchiladas w/Spanish Rice Sub Roll Chicken Salad Salisbury Steak	Beef Tacos Chicken & Waffles Corn Muffin Ham & Cheese Sub Mini Corndogs
Savory Loops Glazed Carrots Diced Pears Fresh Fruit	Spudsters Potatoes Pork Beans Mandarin Oranges Fresh Fruit	Tomato Soup Mixed Vegetables Sliced Cucumbers Pineapple Tidbits Fresh Fruit	Seasoned Beans Celery Sticks Romaine Salad Tropical Fruit Fresh Fruit	Mexicali Corn Steamed Broccoli Tropical Fruit Fresh Fruit
Pepperoni Pinwheels Chicken Alfredo w/Penne Noodles Sub Roll Turkey & Cheese Croissant Cheese Stick	Chicken Strips Carne Guisada w/Rice Soft Pretzel Sunbutter Sandwich Big Daddy 4 meat Pizza	Pulled Pork w/Pickles Spear & Chips Tamales Pita Cheese Wrap Thai Sweet Chili w/Rice	Sloppy Joe Chicken Egg Roll w/Asian Noodles Biscuit Chef Salad Mesquite Chicken Drumstick	Burrito w/Chili Cheese Mini Cheese Ravioli Dinner Roll Pasta Salad Spicy Chicken Sandwich
California Blend Vegetable Sliced Cucumbers Spinach Salad Pineapple Tidbits Fresh Fruit	Vegetable Soup Garden Peas Mandarin Orange Fresh Fruit	Baked Beans Coleslaw Mini Carrot Applesauce Fresh Fruit	Sidewinder Potatoes Broccoli Bites Tropical Fruit Fresh Fruit	Roasted Cauliflower Corn Salad Tropical Fruit 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						