

Fredericksburg Middle School Menu

AUGUST - DECEMBER

BREAKFAST MEAL PRICES:

Student Full Price: \$ 1.75
 Student Reduced Price: \$ 0.30
 Staff: \$ 2.85
 Visitor: \$ 3.50



LUNCH MEAL PRICES:

Student Full Price: \$ 2.95
 Student Reduced Price: \$ 0.40
 Staff: \$ 4.00
 Visitor: \$ 4.25

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - Week Of: 8/13, 8/27, 9/10, 9/24, 12/10, 10/22, 11/5, 11/26, 12/10				
Sausage Biscuit	Cinnamon Roll	Bean & Cheese Breakfast Taco	Yogurt Parfait w/Homemade Oatmeal Muffin Squares	Kolache
WEEK 2 - Week Of: 8/20, 9/3, 9/17, 10/1, 10/15, 10/29, 11/12, 12/3, 12/17				
Chicken Biscuit	Dutch Waffle & Sausage	Sausage, Cheese & Potato Breakfast Taco	Yogurt Parfait w/Homemade Banana Muffin Squares	Egg, Bacon & Cheese Croissant

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - Week Of: 8/13, 9/3, 9/24, 10/15, 11/5, 12/3				
Golden Crispy Chicken Nuggets Mashed Potatoes / Gravy Crunchy Corn Honey Wheat Roll	Steak & Cheese Flatbread Savory Fries Seasoned Green Beans Fresh Garden Salad	Cheese Filled Breadsticks w/Marinara Sauce Oven Baked Tatar Tots Tossed Caesar Salad	Beef, Bean & Cheese Burrito Homemade Pinto Beans & Spanish Rice Fresh Vegetable Medley w/Ranch	Spicy General Tso's Chicken Fried Rice Steamed Broccoli & Cauliflower Crispy Carrots w/Ranch
WEEK 2 - Week Of: 8/20, 9/10, 10/1, 10/22, 11/12, 12/9				
Fish & Shrimp Homemade Mac & Cheese Jalapeno Cheddar Rolls Parmesan Roasted Cauliflower	Chicken Alfredo Garlic Texas Toast Glazed Carrots Tossed Caesar Salad	Oven Fried Drumstick Mashed Potatoes/Gravy Seasoned Green Beans Crispy Carrots w/Ranch	Street Tacos Homemade Pinto Beans & Spanish Rice Cucumber Slices w/Chile Lime Seasoning	Zesty Orange Chicken Yakisoba Noodles Steamed Broccoli Fresh Vegetable Medley w/Ranch
WEEK 3 - Week Of: 8/27, 9/17, 10/8, 10/29, 11/26, 12/17				
Chicken Fried Steak Mashed Potatoes/Gravy Corn on the Cob Honey Wheat Roll	Chili Cheese Fries Mini Cornbread Loaf Crunchy Corn Fresh Garden Salad	Chicken Spaghetti Garlic Toast Glazed Carrots Tossed Caesar Salad	Chicken & Cheese Crispito Homemade Pinto Beans & Spanish Rice Banana Pudding	* Chef's Selection

Menu Items Offered Daily:

A variety of Hot and Cold Sandwiches and/or Wraps, Burgers, Pizza and Chef Salads

* Every 3rd Friday will be "Chef's Selection" which will be one of the following: A New Creation by One of Our Staff, a Student or Manager's Choice

Do you have a favorite recipe you would like to see on our menu? If so, submit your recipe to the FMS Cafeteria Manager. Maybe your recipe will be the next "Chef Selection"!

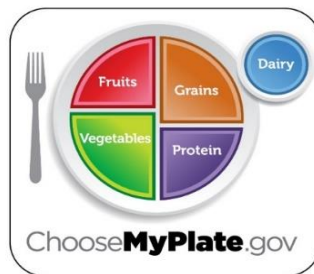
MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY

BREAKFAST

CEREAL W/TOAST OR MUFFIN IS OFFERED DAILY OR STUDENTS MAY CHOOSE THE DAILY SELECTION.

MILK, JUICE AND AN ASSORTMENT OF FRESH AND CANNED FRUITS OFFERED DAILY.

STUDENTS MUST TAKE AT LEAST 1 SERVING (1/2 CUP) OF FRUIT OR FRUIT JUICE AND 2 OTHER ITEMS. STUDENTS MAY TAKE 2 FRUITS OR 1 FRUIT AND 1 FRUIT JUICE AT NO EXTRA CHARGE.



LUNCH

DAILY CHOICES INCLUDE ALL 5 COMPONENTS: FRUITS, VEGETABLES, PROTEIN, GRAINS (MOST GRAINS ARE WHOLE GRAIN) AND MILK (FAT FREE OR 1%).

AN ASSORTMENT OF FRESH AND CANNED FRUITS & VEGETABLES ARE OFFERED DAILY.

STUDENTS MUST TAKE AT LEAST 1/2 CUP OF A FRUIT OR VEGETABLE AND 2 OTHER COMPONENTS. STUDENTS MAY TAKE 2 FRUITS AND 2 OR 3 VEGETABLES AT NO EXTRA CHARGE.

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