

Fredericksburg Elementary School Menu

AUGUST - DECEMBER

BREAKFAST MEAL PRICES:

Student Full Price: \$ 1.65
 Student Reduced Price: \$ 0.30
 Staff: \$ 3.00
 Visitor: \$ 3.75



LUNCH MEAL PRICES:

Student Full Price: \$ 2.75
 Student Reduced Price: \$ 0.40
 Staff: \$ 4.25
 Visitor: \$ 4.50

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - Week Of: 8/12, 8/26, 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/9				
Pancake on a Stick	Cinnamon Roll	Sausage Biscuit	Yogurt Parfait	Bean & Cheese Breakfast Taco
WEEK 2 - Week Of: 8/19, 9/2, 9/16, 9/30, 10/14, 10/28, 11/11, 12/2, 12/16				
Cheese Omelet	Donut Holes & Sausage	Breakfast Taco	Yogurt Cup	French Toast Sticks & Sausage

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - Week Of: 8/12, 9/9, 10/7, 11/4, 12/9				
Sausage Wrap Crunchy Chicken Nuggets Homemade Mac & Cheese Crispy Carrots w/Ranch	Oven Fried Drumstick Chicken Fried Steak Mashed Potatoes & Gravy Fresh Garden Salad	Pepperoni or Cheese Pizza Turkey & Cheese Sub Tossed Caesar Salad	Chicken Crispito Beef, Bean & Cheese Burrito Chef Salad w/Roll Spanish Rice & Pinto Beans	Hamburger/Cheeseburger Hot & Spicy Chicken Burger Potato Smiles Lettuce/Tomato/Pickle
WEEK 2 - Week Of: 8/19, 9/16, 10/14, 11/11, 12/16				
PB & Jelly Jamwich Grilled Cheese Sandwich Confetti Fries Frozen Juice Cup	Tangerine Chicken Golden Crispy Popcorn Chicken Fried Rice Steamed Broccoli	Pepperoni or Cheese Pizza Spaghetti w/Homemade Meat Sauce Tossed Caesar Salad	Nacho Grande / Cheese Nachos Street Tacos Crispy Chicken Salad Spanish Rice & Pinto Beans	Hamburger/Cheeseburger Hot & Spicy Chicken Burger Tator Tots Lettuce/Tomato/Pickle
WEEK 3 - Week Of: 8/26, 9/23, 10/21, 11/18				
Hot Dog Turkey & Cheese Sub Baked Beans Crispy Carrots w/Ranch	Mom's Meatloaf Steak Fingers Mashed Potatoes & Gravy Fresh Vegetable Medley w/Ranch	Pepperoni or Cheese Pizza Chicken Spaghetti w/Garlic Toast Tossed Caesar Salad	Chicken Fajitas Crispy Beef Tacos Chef Salad w/Roll Spanish Rice & Pinto Beans	Hamburger/Cheeseburger Hot & Spicy Chicken Burger Potato Triangles Lettuce/Tomato/Pickle
WEEK 4 - Week Of: 9/2, 9/30, 10/28, 12/2				
Corn Dog Fish Nuggets Homemade Mac & Cheese Sweet Peas	Chicken Strips Rib BQ Buttered Noodles Fresh Garden Salad	Pepperoni or Cheese Pizza Meatball Sub Tossed Caesar Salad	Beef Tamales Cheese Quesadilla Crispy Chicken Salad Spanish Rice & Pinto Beans	* Chef's Selection

Grandparents Day - Friday, Sept. 6- Hamburger/Cheeseburger or Chicken Burger, Hamburger Trimmings, Baked Beans, Assorted Chips, Fruit Cup - \$5 each

* Thanksgiving Luncheon - Thursday, November 21 - Roasted Turkey w/All the Trimmings - \$5 each

MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY

BREAKFAST

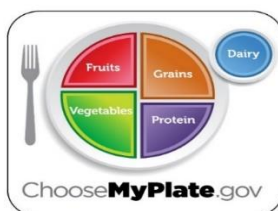
CEREAL IS OFFERED DAILY OR STUDENTS MAY CHOOSE THE DAILY SELECTION.

TOAST OR MUFFINS, MILK, JUICE AND AN ASSORTMENT OF FRESH AND PREPARED FRUITS OFFERED EACH DAY.

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.

Student Holiday's

August 23
 September 2 and September 23
 October 14
 November 11 and November 25 - 29
 December 23 - 31



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 PREPARED FRUITS AND VEGETABLES OFFERED DAILY.

STUDENTS MUST TAKE AT LEAST 1/2 CUP OF A FRUIT OR VEGETABLE AND 2 OTHER COMPONENTS. STUDENTS MAY

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