

# Fredericksburg ISD High School

**AUGUST - DECEMBER**



## BREAKFAST

### BREAKFAST MEAL PRICES:

Student Full Price: \$ 1.95  
 Student Reduced Price: \$ 0.30  
 Staff: \$ 3.00  
 Visitor: \$ 3.75

### LUNCH MEAL PRICES:

Student Full Price: \$ 3.50  
 Student Reduced Price: \$ 0.40  
 Staff: \$ 4.25  
 Visitor: \$ 4.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1 - Week Of: 8/12, 8/26, 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/9</b>				
Pancake on a Stick	Cinnamon Roll	Breakfast Taco	Yogurt Parfait	Sausage Biscuit
<b>WEEK 2 - Week Of: 8/19, 9/2, 9/16, 9/30, 10/14, 10/28, 11/11, 12/2, 12/16</b>				
French Toast / Sausage Link	Glazed Donut or Kolache	Yogurt Parfait	Billie Breakfast Muffin Sandwich	Cheese Omelet & Biscuit

## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1 - Week Of: 8/12, 9/2, 9/23, 10/14, 11/4, 12/2</b>				
Chicken & Waffle Confetti Fries Fresh Garden Salad Crispy Carrots w/Ranch	Spaghetti & Meatballs w/Homemade Sauce Garlic Toast Caesar Salad	Steak Fingers Mashed Potatoes/Gravy Buttered Corn Honey Wheat Roll	Street Tacos Homemade Pinto Beans & Spanish Rice Cucumber Circles	Tangerine Chicken & Egg Roll Chow Mein Noodles Cucumber Salad
<b>WEEK 2 - Week Of: 8/19, 9/9, 9/30, 10/21, 11/11, 12/9</b>				
Chicken Tenders Homemade Mac & Cheese Seasoned Green Beans Fresh Garden Salad	Homemade Lasagna Steamed Broccoli Garlic Breadstick Tossed Caesar Salad	Popcorn Chicken Bowl Texas Toast Fresh Garden Salad Crispy Carrots w/Ranch	Nacho Grande Refried Beans & Spanish Rice Cucumber Circles	Baja Fish Tacos Flame Roasted Corn Fresh Garden Salad Banana Pudding
<b>WEEK 3 - Week Of: 8/26, 9/16, 10/7, 10/28, 11/18, 12/16</b>				
Chicken Fried Steak Mashed Potatoes/Gravy Seasoned Peas Honey Wheat Roll	Chicken Alfredo Glazed Carrots Seasoned Peas Tossed Caesar Salad	Chili Cheese Frito Pie Crispy Corn Fresh Garden Salad Cornbread Loaf	Chicken Fajitas Homemade Pinto Beans & Spanish Rice Cucumber Circles	General Tso Chicken & Egg Roll Pineapple Fried Rice Celery/Carrot Sticks

### AVAILABLE DAILY:

**VARIOUS SALADS, CHICKEN BURGERS, HAMBURGERS, CHEESEBURGERS, PIZZA, HOT OR COLD SANDWICHES**

### BREAKFAST

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

MILK, JUICE AND AN ASSORTMENT OF FRESH AND PREPARED 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.

### MENU SUBJECT TO CHANGE

**WITHOUT NOTICE  
 DUE TO AVAILABILITY**

#### 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 (ALL GRAINS ARE WHOLE GRAIN) AND MILK (FAT FREE OR 1%).

AN ASSORTMENT OF FRESH AND PREPARED FRUITS OFFERED DAILY.

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

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