

Fredericksburg ISD Middle School

AUGUST - DECEMBER

BREAKFAST MEAL PRICES:

Student Full Price: \$ 1.75
 Student Reduced Price: \$ 0.30
 Staff: \$ 3.00
 Visitor: \$ 3.75



LUNCH MEAL PRICES:

Student Full Price: \$ 3.00
 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	Breakfast Taco	Yogurt Parfait & Homemade Muffin Squares
WEEK 2 - Week Of: 8/19, 9/2, 9/16, 9/30, 10/14, 10/28, 11/11, 12/2, 12/16				
Sausage Kolache	Glazed Donut & Sausage Link	Billie Breakfast Muffin Sandwich	French Toast Sticks	Cheese Omelet & Biscuit

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - Week Of: 8/12, 9/2, 9/23, 10/14, 11/4, 12/2				
Chicken & Waffle Confetti Fries Fresh Garden Salad Crispy Carrots w/Ranch	Spaghetti & Meatballs w/Homemade Sauce Garlic Toast Caesar Salad	Chicken Nuggets 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
WEEK 2 - Week Of: 8/19, 9/9, 9/30, 10/21, 11/11, 12/9				
Steak Fingers Homemade Mac & Cheese Seasoned Green Beans Fresh Garden Salad	Breaded Cheese Sticks Buttered Noodles Parmesan Roasted Cauliflower Tossed Caesar Salad	Popcorn Chicken Bowl Garlic Breadstick Melon Cup Crispy Carrots w/Ranch	Nacho Grande Homemade Pinto Beans & Spanish Rice Cucumber Circles	Oven Fried Chicken Drumstick Potato Spudsters Glazed Carrots Honey Wheat Roll
WEEK 3 - Week Of: 8/26, 9/16, 10/7, 10/28, 11/18, 12/16				
Chicken Fried Steak Mashed Potatoes/Gravy Seasoned Green Beans Honey Wheat Roll	Chicken Alfredo Garlic Knots Seasoned Peas Tossed Caesar Salad	Chili Cheese Frito Pie Crispy Corn Fresh Garden Salad Melon Cup	Chicken Fajitas Homemade Pinto Beans & Spanish Rice Cucumber Circles	General Tso Chicken Fried Rice Steamed Broccoli 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.

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 OR 3 VEGETABLES AT NO EXTRA CHARGE.

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