

Fredericksburg Elementary School

Fredericksburg ISD will offer free, healthy meals this school year for all students in the District, regardless of financial status.

Typically, a student's household must meet income eligibility requirements to qualify for free or reduced-price meals. However, the United States Department of Agriculture (USDA) issued guidance that allows schools to offer meals to all students at no cost for the 2021-2022 school year.

While no application or eligibility determination is required for your student to receive free meals this school year, income eligibility requirements will likely resume in the 2022-2023 school year. As such, to establish eligibility for free or reduced-price meals for the 2022-2023 school year or to qualify for P-EBT, applications are available online at MySchoolApps. For more information call the School Nutrition Office at 830-997-9551.

Students must get a full meal in order to qualify for free Milk and other ala carte items may be purchased.

Breakfast and Lunch				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - Week Of: 8/16, 9/6, 9/27, 10/18, 11/8, 12/6				
Pancake Sausage on a Stick	Mini Waffles	Strawberry Cream Cheese Bagels	Breakfast Pizza	Yogurt Cup /Oatmeal Muffin
Manager's Choice	Chicken Nuggets Mashed Potatoes & Gravy Seasoned Green Beans or Crispy Chicken Salad	Pepperoni / Cheese Pizza or Cheese Filled Breadsticks w/Marinara Tossed Caesar Salad Crispy Corn	Chicken Chili Crispito or Cheese Quesadilla Spanish Rice & Refried Beans Garden Salad	Hamburger, Cheeseburger or Crispy Chicken Sandwich Tator Tots Mini Carrots
WEEK 2 - Week Of: 8/23, 9/13, 10/4, 10/25, 11/15, 12/13				
Ultimate Breakfast Round	Mini French Toast	Bean & Cheese Taco	Scrambled Bacon & Cheese Eggs	Yogurt Cup /Oatmeal Muffin
Steak Fingers or Fish Nggets Macaroni & Cheese Mixed Vegetables	Hot Dog, Chili Dog or Sub Sandwich Baked Beans Veggie Dippers	Wild Mike's Cheese Bites or Spaghetti & Meatballs Tossed Caesar Salad Crispy Corn	Nacho Grande, Cheese Nachos or Grilled Cheese Spanish Rice & Pinto Beans Garden Salad	Hamburger, Cheeseburger or Crispy Chciken Sandwich Tator Tots Mini Carrots
WEEK 3 - Week Of: 8/30, 9/20 10/11, 11/01, 11/29,				
Sausage Biscuit	Mini Pancakes	Kolache	Yogurt Parfait	Scrambled Bacon & Cheese Eggs
Chicken Drumstick or Popcorn Chicken Mashed Potatoes/Gravy Honey Wheat Roll	Pepperoni / Cheese Pizza or Meatball Sub Mixed Vegetables Pudding	Chicken Alfredo or Cheese Breadsticks w/Marinara Steamed Broccoli Tossed Caesar Salad	Crispy Beef Tacos Spanish Rice & Pinto Beans or Crispy Chicken Salad Garden Salad	Hamburger, Cheeseburger or Crispy Chciken Sandwich Tator Tots Mini Carrots

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.



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 TAKE 2 OR 3 VEGETABLES AT NO EXTRA CHARGE.

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