

# Fredericksburg Primary 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 complete meal in order to qualify for free meals.  
Extra milk and other ala carte items may be purchased.**

## Breakfast and Lunch Menu - Aug. 16, 2021 - Dec. 17, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1 - Week Of: 8/16, 9/6, 9/27, 10/18, 11/8, 12/6</b>				
Assortment of Cereal  Manager's Choice	Mini Waffles  Chicken Nuggets Mashed Potatoes & Gravy Seasoned Green Beans	Assortment of Cereal  Pizza Tossed Caesar Salad Crispy Corn	Pancake & Sausage Stick  Chicken Chili Crispito or Spanish Rice Pinto Beans	Assortment of Cereal  Hamburger / Cheeseburger Tator Tots Sidekick Frozen Juice
<b>WEEK 2 - Week Of: 8/23, 9/13, 10/4, 10/25, 11/15, 12/13</b>				
Assortment of Cereal  Steak Fingers or Macaroni & Cheese Seasoned Green Beans	Mini French Toast  Hot Dog Baked Beans Veggie Dipper w/Ranch	Assortment of Cereal  Pizza Crunchers Tossed Caesar Salad Crispy Corn	Mini Strawberry Crm Chs Bage  Nacho Grande, Cheese Nachos Spanish Rice Pinto Beans	Assortment of Cereal  Crispy Chicken Sandwich Potato Smiles Mini Carrots
<b>WEEK 3 - Week Of: 8/30, 9/20 10/11, 11/01, 11/29,</b>				
Assortment of Cereal  Popcorn Chicken Mashed Potatoes/Gravy Honey Wheat Roll	Sausage Biscuit  Pizza Mixed Vegetables Pudding Cup	Assortment of Cereal  Chicken Spaghetti Steamed Broccoli Cucumber Slices	Yogurt Parfait  Crispy Beef Tacos Spanish Rice & Pinto Beans Garden Salad	Assortment of Cereal  Hamburger / Cheeseburger 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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