

Fredericksburg High School

**January 2024
thru
May 24 2024
Menu**

BREAKFAST MEAL PRICES:

Student Full Price: \$ 1.90
Student Reduced Price: \$ 0.30
Adult \$ 3.50

LUNCH MEAL PRICES:

Student Full Price: \$ 3.50
Student Reduced Price: \$ 0.40
Adult \$ 4.50

*** Menu Subject to Change Due to Availability ***

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Jan. 8	Cinnamon Toast Crunch Soft Filled Bar	Strawberry Cream Cheese Bagel	Yogurt Parfait/Homemade Muffins	Scrambled Eggs w/ Ham	Bean & Cheese Breakfast Taco
Jan. 29					
Feb. 19	Chicken Fried Steak	Pizza Crunchers	Chicken & Waffles	Street Tacos	Zesty Orange Chicken
March 18	Mashed Potatoes/Gravy	Buttered Noodles	Crinkle Cut Fries	w/Cilantro Ranch Dressing	Pineapple Fried Rice
April 8	Crunchy Corn	Seasoned Green Beans	Baby Carrots	Homemade Beans & Rice	Broccoli Normandy
April 29	Fresh Garden Salad	Veggie Dippers	Fresh Garden Salad	Fresh Garden Salad	Cucumber Salad
Week 2					
Jan. 15	Sausage, Egg & Cheese Biscuit	Oatmeal/Cinnamon Toast	Breakfast Taco	Yogurt Parfait/Homemade Muffins	Waffle Breakfast Sandwich
Feb. 5					
Feb. 26	Chicken Wings	Homemade Lasagna	Chicken Spaghetti	Nacho Grande	BBQ Pulled Pork Sandwich
March 25	Seasoned Fries	Garlic Breadstick	Glazed Carrots	or Cheese Nachos	Crinkle Cut Fries
April 15	Celery Sticks w/Ranch	Seasoned Green Beans	Garlic Toast	Refried Beans	Baked Beans
May 6	Fresh Baked Roll	Tossed Caesar Salad	Chili Lime Carrots	Spanish Rice	Banana Pudding
Week 3					
Jan. 22	Pancake/Sausage on a Stick	Cheesy Scrambled Eggs w/Ham	Cinnamon Roll	Cinnamon Glazed French Toast	Yogurt Parfait/Homemade Muffins
Feb. 12					
4-Mar	Cheese Filled Breadsticks	Breaded Beef Strips	Popcorn Chicken Bowl	Chicken Alfredo	Chicken Fajitas
April 15	w/Marinara Sauce	Homemade Mac & Cheese	Mini Cornbread Loaf	Garlic Knot	Homemade Beans & Rice
April 22	Seasoned Green Beans	Sweet Peas & Carrots	Cranberry, Apple, Broccoli Salad	Steamed Broccoli	Mexican Street Corn
May 13	Fresh Garden Salad	Fresh Vegetable Medley	Baby Carrots	Tossed Caesar Salad	Fresh Garden Salad

May 20-23 Manager's Choice

**Menu Items Offered Daily:
Burgers, Pizza, Sub Sandwiches, Chef Salads**

BREAKFAST

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

MILK, JUICE AND AN ASSORTMENT OF FRESH AND CANNED 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 - January 15
- * Student Holiday - February 19
- * Spring Break - March 11-15
- * School Holiday - March 29
- * School Holiday - April 1
- * School Holiday - April 8

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 CANNED FRUITS OFFERED DAILY.

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

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