

Fredericksburg Primary School HS/PK

BREAKFAST MEAL PRICES:

Student Full Price: \$ 1.65
 Student Reduced Price: \$ 0.30
 All Adults \$3.50



LUNCH MEAL PRICES:

Student Full Price: \$ 2.75
 Student Reduced Price: \$ 0.40
 All Adults \$4.50

Breakfast and Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - Week Of: 8/12, 9/2, 9/23, 10/14, 11/4, 12/2				
MINI FRENCH TOAST	SCRAMBLED EGGS W/HAM	KOLACHE	YOGURT & MUFFIN	BEAN & CHEESE BREAKFAST TACO
CHICKEN NUGGETS W/ GRAVY	HAMBURGER OR CHEESEBURGER	BREADED CHEESE BITES W/MARINARA SAUCE	CRISPY BEEF TACO	CHEESE PIZZA
MASHED POTATOES	TATOR TOTS	BROCCOLI NORMANDY	REFRIED BEANS	BUTTERED CORN
GREEN BEANS	MANDARIN ORANGES	FRUIT CUP	BLUSHING PEARS	CRAISINS
WEEK 2 - Week Of: 8/19, 9/9, 9/30, 10/21, 11/11, 12/9				
MINI PANCAKES	SAUSAGE BISCUIT	EGG, SAUSAGE, POTATO & CHEESE BREAKFAST TACO	CINNAMON TOAST CRUNCH CEREAL BAR	APPLE FRUDEL
BREADED BEEF STRIPS	CRISPY CHICKEN SANDWICH	PIZZA CRUNCHERS	NACHO GRANDE OR	CHICKEN SPAGHETTI
MASHED POTATOES W/GRAVY	POTATO SMILES	FRESH TOSSED SALAD	CHEESE NACHOS	W/GARLIC BREADSTICK
PEACH CUP	LETTUCE, TOMATO, PICKLES	MANDARIN/PINEAPPLE	PINTO BEANS	GLAZED CARROTS
	FRUITY RAISINS		FRESH FRUIT	ROSY APPLESAUCE
WEEK 3 - Week Of: 8/26, 9/16, 10/7, 10/28, 11/18, 12/16				
PANCAKE/SAUSAGE ON A STICK	CINNAMON ROLL W/STRING	STRAWBERRY CREAM CHEESE BAGEL	EGGO CINNAMON MINI WAFFLES	CHEESY SCRAMBLED EGGS W/HAM W/HAM
CHEESE FILLED PIZZA STICKS W/MARINARA	TURKEY & CHEESE SUB	PEPPERONI PIZZA	CHICKEN SOFT TACO	CRUNCHY FISH STICKS
STEAMED BROCCOLI	BAKED BEANS	BUTTERED CORN	PINTO BEANS	MACARONI & CHEESE
FRUIT CUP	MANDARIN ORANGES	FRESH ORANGE SLICES	SPANISH RICH	BUTTERED PEAS & CARROTS
			BANANA	FRESH FRUIT

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**

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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