

Fredericksburg Primary School K-1

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	HAMBURGER/CHEESEBURGER	BREADED CHEESE BITES	CRISPY BEEF TACO	PEPPERONI OR
MASHED POTATOES W/GRAVY	OR CRISPY CHICKEN BURGER	W/MARINARA SAUCE	REFRIED BEANS	CHEESE PIZZA
DINNER ROLL	TATOR TOTS	BROCCOLI NORMANDY	SPANISH RICE	BUTTERED CORN
PEACHES	MANDARIN ORANGES	FRUIT CUP	FRESH FRUIT	ROSY APPLESAUCE
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	HAMBURGER/CHEESEBURGER	PIZZA CRUNCHERS	NACHO GRANDE OR	CHICKEN SPAGHETTI
MASHED POTATOES W/GRAVY	OR CRISPY CHICKEN BURGER	BUTTERED CORN	CHEESE NACHOS	W/GARLIC BREADSTICK
GREEN BEANS	POTATO SMILES	FRESH TOSSED SALAD	PINTO BEANS	GLAZED CARROTS
PEACH CUP	APPLESAUCE CUPS	ORANGE SLICES	BLUSHING PEARS	FRUITY RAISINS
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	TURKEY & CHEESE SUB	PEPPERONI OR	SOFT CHICKEN FAJITA TACO	CRUNCHY FISH STICKS
STICKS W/MARINARA	BAKED BEANS	CHEESE PIZZA	PINTO BEANS	MACARONI & CHEESE
STEAMED BROCCOLI	MULTI GRAIN SUNCHIPS	BUTTERED CORN	SPANISH RICE	BUTTERED PEAS & CARROTS
MIXED FRUIT CUP	FRESH FRUIT	MANDARIN/PINEAPPLE	BANANA	ROSY APPLESAUCE

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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