

Fredericksburg Middle School

August 2024 thru December 2024 Menu

BREAKFAST MEAL PRICES:

Student Full Price: \$ 1.75
Student Reduced Price: \$ 0.30
Adult \$3.50

LUNCH MEAL PRICES:

Student Full Price: \$ 3.00
Student Reduced Price: \$ 0.40
Adult \$4.50

* Menu Subject to Change Due to Availability *

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
Aug. 12 Sept. 2 Sept. 23 Oct. 14 Nov. 4 Dec. 2	Cinnamon Toast Crunch Soft Filled Bar Chicken Nuggets/Roll Mashed Potatoes/Gravy Buttered Corn Fresh Garden Salad	Strawberry Cream Cheese Bagel Pizza Crunchers Buttered Noodles Seasoned Green Beans Fresh Vegetable Medley	Scrambled Eggs w/Ham Chicken & Waffles Crinkle Cut Fries Mini Carrots Fresh Garden Salad	Yogurt Parfait w/Granola Pork Street Tacos w/Cilantro Ranch Dressing Homemade Beans & Rice Cucumber Salad	Bean & Cheese Breakfast Taco Tangerine Chicken Pineapple Fried Rice Steamed Broccoli Cucumbers & Tomatoes	
Week 2	Aug. 19 Sept. 9 Sept. 30 Oct. 21 Nov. 11 Dec. 9	Sausage Biscuit Cheese Bites w/Marinara Sauce Broccoli Normandy Fresh Garden Salad	Kolache Hot Chicken Wings Curly Fries Whole Wheat Roll Fresh Vegetable Medley	Breakfast Taco Chicken Spaghetti w/Garlic Breadstick Glazed Carrots Tossed Caesar Salad	Yogurt Parfait w/Granola Nacho Grande or Cheese Nachos Refried Beans Spanish Rice	Eggo Cinnamon Mini Waffles BBQ Pulled Pork Sandwich Baked Beans Original Baked Lay's Chips Baby Carrots
Week 3	Aug. 26 Sept. 16 Oct. 7 Oct. 28 Nov. 18 Dec. 16	Pancake/Sausage on a Stick Cheese Filled Breadsticks w/Marinara Sauce Seasoned Green Beans Fresh Garden Salad	Yogurt Parfait w/Granola Breaded Beef Strips Homemade Mac & Cheese Buttered Peas & Carrots	Cinnamon Roll Popcorn Chicken Bowl Chicken, Mashed Potatoes, Corn, Gravy Mini Cornbread Loaf Ranch Carrots	Dat-Chocolate Chip Breakfast Round Crispy Beef Tacos Homemade Beans & Rice Cucumbers w/Tajin	Cheesy Scrambled Eggs Chicken Alfredo w/Garlic Knot Steamed Broccoli Tossed Caesar Salad

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.

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 OR 3 VEGETABLES AT NO EXTRA CHARGE.

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