

Fredericksburg High School

August 2024 thru December 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
Aug. 12 Sept. 2	Cinnamon Toast Crunch Soft Filled Bar	Strawberry Cream Cheese Bagel	Yogurt Parfait/Homemade Muffins	Scrambled Eggs w/ Ham	Bean & Cheese Breakfast Taco
Sept. 23 Oct. 14	Chicken Fried Steak Mashed Potatoes/Gravy	Pizza Crunchers Buttered Noodles	Chicken & Waffles Crinkle Cut Fries	Pork Street Tacos w/Cilantro Ranch Dressing	Tangerine Chicken Pineapple Fried Rice
Nov. 4 Dec. 2	Buttered Corn Apple Crisp	Seasoned Green Beans Veggie Dippers	Broccoli, Cranberry & Apple Salad Fresh Garden Salad	Homemade Beans & Rice Cucumber Salad	Broccoli Normandy Fortune Cookie
Week 2					
Aug. 19 Sept. 9	Sausage Biscuit	Kolache	Breakfast Taco	Yogurt Parfait/Homemade Muffins	Waffle/Sausage Breakfast Sandwich
Sept. 30 Oct. 21	Hot Wings Curly Fries	Chicken Spaghetti Garlic Texas Toast	Homemade Lasagna Garlic Breadstick	Nacho Grande or Cheese Nachos	General Tso's Chicken Fried Rice
Nov. 11 Dec. 9	Celery Sticks w/Ranch Whole Wheat Roll	Glazed Carrots Veggie Dippers	Seasoned Green Beans Tossed Caesar Salad	Refried Beans Spanish Rice	Oriental Vegetables Banana Pudding
Week 3					
Aug. 26 Sept. 16	Pancake/Sausage on a Stick	Oat-Chocolate Chip Breakfast Round	Cinnamon Roll	Yogurt Parfait/Homemade Muffins	Cheesy Scrambled Eggs
Oct. 7 Oct. 28	Cheese Filled Breadsticks w/Marinara Sauce	Breaded Beef Strips Homemade Mac & Cheese	Popcorn Chicken Bowl Mini Cornbread Loaf	Soft Chicken Fajita Taco Homemade Beans & Rice	Chicken Alfredo Garlic Knot
Nov. 18 Dec. 16	Seasoned Green Beans Fresh Garden Salad	Whole Wheat Roll Sweet Peas & Carrots	Fresh Garden Salad	Cucumbers w/Tajin	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 FRUITS AND/OR 2 OR 3 VEGETABLES AT NO EXTRA CHARGE.

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