

Fredericksburg Middle School

January 2025

thru

May 2025

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
Jan 6	Cinnamon Oatmeal	Strawberry Cream Cheese Bagel	Yogurt Parfait	Scrambled Eggs w/Ham	Bean & Cheese Breakfast Taco
Jan 27					
Feb 17	Chicken Nuggets/Roll	Pizza Crunchers		Street Tacos	Tangerine Chicken
Mar 10	Mashed Potatoes/Gravy	Buttered Noodles	Chicken & Waffles	w/Cilantro Ranch Dressing	Fried Rice
Apr 7	Buttered Corn	Seasoned Green Beans	Crinkle Cut Fries	Homemade Beans & Rice	Steamed Broccoli
Apr 28	Fresh Garden Salad	Fresh Veggie Dippers	Fresh Garden Salad	Fresh Cucumber Salad	Cucumbers & Tomato
Week 2					
Jan 13	Glazed Donut w/Sausage Patty	Kolache	Breakfast Taco	Yogurt Parfait	Mini Cinnamon Waffles
Feb 3					
Feb 24		Hot Chicken Wings	Chicken Spaghetti	Nacho Grande	
Mar 24	Chicken Fried Steak	Curly Fries	w/ Garlic Breadstick	or Cheese Nachos	Hot Meatbeal Sub
Apr 14	Mashed Potatoes/Gravy	Whole Wheat Roll	Glazed Carrots	Refried Beans	Orginal Baked Lays Chips
May 5	Buttered Peas & Carrots	Fresh Veggie Dippers	Fresh Garden Salad	Spanish Rice	Baby Carrots
Week 3					
Jan 20	Sausage Biscuit	Yogurt Parfait	Cinnamon Roll	Buttermilk Pancakes w/Sausage Patty	Cheesy Scrambled Eggs w/Ham
Feb 10					
Mar 3	Twisted Cheese Filled Breadsticks				Chicken Alfredo
Mar 31	w/Marinara Sauce	Pulled Pork Mac & Cheese	Popcorn Chicken Bowl	Crispy Beef Taco w/Tamale	w/ Garlic Knot
Apr 21	Buttered Noodles	Whole Wheat Roll	Mini Cornbread Loaf	Homemade Beans & Rice	Fresh Steamed Broccoli
May 12	Seasoned Zucchini	Seasoned Green Beans	Fresh Garden Salad	Fresh Cucumbers w/ Tajin	Fresh 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 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.

** Student Holiday - January 6*

** Student Holiday - February 17*

** Spring Break - March 17 - 21*

** School Holiday - April 18 & 21*

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 OR 3 VEGETABLES AT NO EXTRA CHARGE.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: **mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or **fax:** (833) 256-1665 or (202) 690-7442; or **email:** Program.Intake@usda.gov. This institution is an equal opportunity provider.