

Fredericksburg High School

January 2025

thru

May 2025

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
Jan 6	Croissant Breakfast Sandwich	Strawberry Cream Cheese Bagel	Yogurt Parfait	Scrambled Eggs w/ Ham	Bean & Cheese Breakfast Taco
Jan 27					
Feb 17	Chicken Fried Steak	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	Apple Crisp	Veggie Dippers	Fresh Garden Salad	Fresh Cucumber Salad	Fortune Cookie
Week 2					
Jan 13	Sausage & Egg Biscuit	Cinnamon Oatmeal	Breakfast Taco	Scrambled Eggs w/ Ham	Waffle Sausage Breakfast Sandwich
Feb 3					
Feb 24	Buffalo Hot Wings	Chicken Spaghetti	Homemade Lasagna	Nacho Grande	General Tso's Chicken
Mar 24	Curly Fries	w/Garlic Texas Toast	Garlic Breadstick	or Cheese Nachos	Fried Rice
Apr 14	Celery Sticks w/ Ranch	Glazed Carrots	Seasoned Zucchini	Refried Beans	Oriental Vegetables
May 5	Whole Wheat Roll	Veggie Dippers	Fresh Caesar Salad	Spanish Rice	Banana Pudding
Week 3					
Jan 20	Pancake/Sausage on a Stick	Oatmeal Breakfast Round	Cinnamon Roll	Yogurt Parfait	Cheesy Scrambled Eggs w/Ham
Feb 10					
Mar 3		Steak Fingers		Soft Chicken Fajitas	Chicken Alfredo
Mar 31	Meatball Sub Sandwich	Homemade Mac & Cheese	Popcorn Chicken Bowl	Sauteed Peppers & Onions	w/Garlic Knot
Apr 21	Original Baked Lay's Chips	Whole Wheat Roll	Mini Cornbread Loaf	Homemade Beans & Rice	Broccoli Normandy
May 12	Fresh Garden Salad	Seasoned Peas & Carrots	Broccoli, Apple & Cranberry Salad	Cucumbers with 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 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.

- * 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 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.

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, audiotape, 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.

