



Fredericksburg ISD Elementary School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
23 Cheesy Scrambled Eggs w/Toast Cereal w/Toast Rosy Applesauce Orange Half	24 Oatmeal Cinnamon Toast Cereal w/Toast Pleasant Peaches	25 Cinnamon Roll Cereal w/Toast Chilled Pineapple	26 Sausage Biscuit Cereal w/Toast Mandarin Oranges	27 HOLIDAY	Cal 491 T.Fat 10.15 G S.Fat 3.2 G Chol 51.5 Mg Sodium 721.59 Mg Carb 54.52 G Fiber 1.3 G Prot 15.06 G Iron 4.25 Mg Calc 453.37 Mg
30 Waffles Cereal w/Toast Chilled Pineapple	31 Cheesy Scrambled Eggs w/Toast Cereal w/Toast Rosy Applesauce	1 Oatmeal w/ Cinnamon Toast Cereal w/Toast	2 Ham & Cheese Biscuit Cereal w/Toast Mixed Fruit	3 Cinnamon Roll Cereal w/Toast Mandarin Oranges	Cal 495 T.Fat 9.90 G S.Fat 3.0 G Chol 25.1 Mg Sodium 654.41 Mg Carb 55.46 G Fiber 1.4 G Prot 14.24 G Iron 4.31 Mg Calc 421.90 Mg
6 HOLIDAY	7 Oatmeal w/ Cinnamon Toast Cereal w/Toast Chilled Pineapple	8 Breakfast Taco Cereal w/Toast Rosy Applesauce	9 Sausage Biscuit Cereal w/Toast Mandarin Oranges	10 Pancakes Cereal w/Toast Mixed Fruit	Cal 508 T.Fat 12.30 G S.Fat 3.6 G Chol 58.0 Mg Sodium 830.42 Mg Carb 54.22 G Fiber 1.5 G Prot 15.00 G Iron 3.55 Mg Calc 442.65 Mg
13 Waffles Cereal w/Toast Chilled Pineapple	14 Scrambled Eggs w/Toast Cereal w/Toast Rosy Applesauce	15 Oatmeal w/ Cinnamon Toast Cereal w/Toast Pleasant Peaches	16 Ham & Cheese Biscuit Cereal w/Toast Blushing Pears	17 Cinnamon Roll Cereal w/Toast Mandarin Oranges	Cal 495 T.Fat 9.88 G S.Fat 2.9 G Chol 37.5 Mg Sodium 655.59 Mg Carb 55.42 G Fiber 1.3 G Prot 14.43 G Iron 4.25 Mg Calc 418.89 Mg
20 Breakfast Pizza Cereal w/Toast Rosy Applesauce	21 Oatmeal w/ Cinnamon Toast Cereal w/Toast	22 Breakfast Taco Cereal w/Toast Chilled Pineapple	23 Sausage Biscuit Cereal w/Toast Mandarin Oranges	24 Pancakes Cereal w/Toast Pleasant Peaches	Cal 495 T.Fat 12.20 G S.Fat 3.8 G Chol 57.8 Mg Sodium 827.80 Mg Carb 50.71 G Fiber 1.7 G Prot 15.07 G Iron 3.20 Mg Calc 657.23 Mg
27 Waffles Cereal w/Toast Blushing Pears	28 Cheesy Scrambled Eggs w/Toast Cereal w/Wheat Toast Chilled Pineapple	29 Oatmeal w/ Cinnamon Toast Cereal w/Toast Rosy Applesauce	30 Ham & Cheese Biscuit Cereal w/Toast Pleasant Peaches	1 Cinnamon Roll Cereal w/Toast Mandarin Oranges	Cal 495 T.Fat 9.79 G S.Fat 2.9 G Chol 25.1 Mg Sodium 655.59 Mg Carb 55.30 G Fiber 1.5 G Prot 14.23 G Iron 4.30 Mg Calc 417.45 Mg

Breakfast Meal Prices:

Student Full-Price	\$1.35
Student Reduced-Price	\$.30
Staff Price	\$1.75

* Menu Subject to Change Due to Availability *

Students may choose the daily selection or cereal w/toast. Fresh fruit, fruit juice and a variety of low fat and fat free milk are offered daily.





Fredericksburg ISD Elementary School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
23 Sausage Tortilla Wrap Chicken Nuggets Seasoned Green Beans Buttered Noodles Rosy Applesauce Orange Half	24 Corn Dog Toasted Ham & Cheese Baked Beans Glazed Carrots Pleasant Peaches	25 Chicken Crispito Bean & Cheese Chalupa Lettuce/Tomato Spanish Rice Chilled Pineapple	26 Pepperoni Pizza Beef Ravioli Seasoned Com Jell-O Mandarin Oranges	27 HOLIDAY	Cal 657 T.Fat 19.99 G S.Fat 6.3 G Chol 48.6 Mg Sodium 1314.95 Mg Carb 3432 G Fiber 6.2 G Prot 27.49 G Iron 5.94 Mg Calc 573.93 Mg
30 Steak Fingers Fish Nuggets Mac & Cheese Sweet Peas Chilled Pineapple	31 Hot Dog Rib BQ Seasoned Com Chocolate Brownie Rosy Applesauce	1 Crispy Beef Tacos Taco Salad Pinto Beans Lettuce/Tomato Rainbow Apples Orange Half	2 Cheese Pizza Spaghetti & Meatsauce Glazed Carrots Mixed Fruit Jell-O	3 Hamburger Cheeseburger Lettuce/Tomato/Pickle French Fries Mandarin Oranges	Cal 659 T.Fat 19.58 G S.Fat 6.6 G Chol 48.8 Mg Sodium 1224.28 Mg Carb 3327 G Fiber 6.0 G Prot 26.79 G Iron 5.98 Mg Calc 523.47 Mg
6 HOLIDAY	7 Nacho Grande Grilled Cheese Sandwich Spanish Rice Garden Salad Chilled Pineapple	8 Chicken Nuggets Pork Roast w/Gravy Mashed Potatoes Seasoned Green Beans Rosy Applesauce	9 Sausage Pizza PB & J Sandwich Seasoned Com Jell-O Mandarin Oranges	10 Hamburger Cheeseburger Chicken Burger Lettuce/Tomato/Pickle Tator Tots Mixed Fruit	Cal 650 T.Fat 19.31 G S.Fat 5.7 G Chol 38.7 Mg Sodium 1218.33 Mg Carb 3317 G Fiber 5.1 G Prot 26.55 G Iron 3.36 Mg Calc 493.24 Mg
13 Chicken Fried Steak Breaded Chicken Patty Mashed Potatoes Seasoned Green Beans Chilled Pineapple	14 Turkey & Noodles Fish Nuggets Garlic Toast Sweet Peas Veggie Dippers Rosy Applesauce	15 Ham & Cheese Quesadilla Cheese Enchiladas Pinto Beans Seasoned Com Pleasant Peaches	16 Cheese Pizza Spaghetti & Meatsauce Glazed Carrots Blushing Pears Vanilla Pudding	17 Hamburger Turkey & Cheese Sub Lettuce/Tomato/Pickle Tator Tots Mandarin Oranges	Cal 662 T.Fat 19.54 G S.Fat 6.4 G Chol 38.2 Mg Sodium 1285.25 Mg Carb 3330 G Fiber 6.5 G Prot 28.58 G Iron 45.45 Mg Calc 592.97 Mg
20 Chicken Spaghetti Steak Fingers Sweet Peas Garlic Toast Rosy Applesauce	21 BBQ on a Bun Chicken Burger Seasoned Com Orange Half Rainbow Apples	22 Chicken Fajitas Cheese Quesadilla Lettuce/Tomato Lettuce/Tomato/Cheese Spanish Rice Chilled Pineapple	23 Pepperoni Pizza Chef Salad Seasoned Green Beans Peach Cobbler Mandarin Oranges	24 Hamburger Turkey & Cheese Sub Lettuce/Tomato/Pickle Tator Tots Chilled Peaches	Cal 658 T.Fat 20.10 G S.Fat 6.9 G Chol 45.9 Mg Sodium 1340.67 Mg Carb 3157 G Fiber 6.0 G Prot 29.32 G Iron 45.95 Mg Calc 605.27 Mg
27 Sausage Tortilla Wrap Chicken Nuggets Seasoned Green Beans Mac & Cheese Blushing Pears	28 Corn Dog Grilled Cheese Sandwich Baked Beans Glazed Carrots Chilled Pineapple	29 Chicken Crispito Bean & Cheese Chalupa Lettuce/Tomato Pinto Beans Rosy Applesauce	30 Sausage Pizza Chili Mac Seasoned Com Chocolate Pudding Chilled Peaches	1 Hamburger Cheeseburger Lettuce/Tomato/Pickle Tator Tots Mandarin Oranges	Cal 655 T.Fat 19.65 G S.Fat 6.2 G Chol 37.9 Mg Sodium 1378.71 Mg Carb 3531 G Fiber 6.4 G Prot 26.22 G Iron 5.62 Mg Calc 545.17 Mg

Lunch Prices:

Student Full-Price	\$ 2.10
Reduced-Price	\$.40
Staff Price	\$ 2.75
Visitors	\$ 3.00

* Menu Subject to Change Due to Availability *

Students must take one entree, may choose up to 3 sides (1 in each food group) and may take or decline milk. Fresh fruit and a variety of low fat and fat free milk are offered daily with meals.

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