



# March

## Fredericksburg ISD Elementary School Lunch Menu

**Lunch Prices:**

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

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 1% White, 1% Chocolate and Fat Free Milk are Offered Daily with Meals.



\* Menu Subject to Change Due to Availability



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6392 (TTY). USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Sausage Tortilla Wrap Chicken Nuggets Seasoned Green Beans Buttered Noodles Pleasant Peaches Orange Half	2 Corn Dog Grilled Cheese Sandwich Baked Beans Mini Carrots Appetizing Apricots	3 Chicken Crispito Bean & Cheese Chalupa Lettuce/Tomato Spanish Rice Rosy Applesauce	4 Pepperoni Pizza Chili Mac Seasoned Corn Chilled Pears Cherry Crisp	5 Hamburger Cheeseburger Fishburger Lettuce/Tomato Pickle Tator Tots Mandarin Oranges	Cal 656 T.Fat 20.52 G S.Fat 6.5 G Chol 40.9 Mg Sodm 1262.00 Mg Carb 93.86 G Fiber 6.0 G Ptn 26.10 G Iron 5.48 Mg Calc 561.37 Mg Vit A 348.36 RE Vit C 26.81 Mg
8 Steak Fingers Fish Nuggets Mac & Cheese Sweet Peas Chilled Pineapple	9 Hot Dog Rib BQ Seasoned Corn Jell-O Rosy Applesauce	10 Crispy Beef Tacos Lettuce/Tomato Taco Salad Pinto Beans Rainbow Apples	11 Cheese Pizza Spaghetti & Meatsauce Glazed Carrots Blushing Pears Apple Crisp	12 Hamburger Cheeseburger Fishburger Lettuce/Tomato Pickle Tator Tots Mandarin Oranges	Cal 656 T.Fat 19.91 G S.Fat 6.5 G Chol 43.5 Mg Sodm 1229.26 Mg Carb 91.81 G Fiber 5.9 G Ptn 28.50 G Iron 3.89 Mg Calc 520.14 Mg Vit A 326.31 RE Vit C 24.58 Mg
15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK	
22 Chicken Fried Steak Chicken Fried Chicken Mashed Potatoes Seasoned Green Beans Mixed Fruit	23 Chicken Nuggets Pork Roast w/Gravy Buttered Noodles Glazed Carrots Blushing Pears	24 Nacho Grande Cheese Quesadilla Pinto Beans Garden Salad Rosy Applesauce	25 Pepperoni Pizza Beef Ravioli Seasoned Corn Mandarin Oranges Wacky Cake	26 Hamburger Cheeseburger Fishburger Lettuce/Tomato Pickle Tator Tots Chilled Pineapple	Cal 656 T.Fat 19.98 G S.Fat 6.4 G Chol 46.8 Mg Sodm 1200.13 Mg Carb 92.72 G Fiber 5.8 G Ptn 27.66 G Iron 3.73 Mg Calc 505.79 Mg Vit A 323.22 RE Vit C 33.63 Mg
29 Turkey & Noodles Fish Nuggets Garlic Toast Sweet Peas Veggie Dippers Rosy Applesauce	30 Beef & Bean Burrito Cheese Quesadilla Spanish Rice Seasoned Corn Mandarin Oranges	31 Cheese Pizza Chili Mac Glazed Carrots Pleasant Peaches Cherry Crisp	1 Hamburger Cheeseburger Lettuce/Tomato Pickle Tator Tots Blushing Pears	2 HOLIDAY	Cal 650 T.Fat 19.33 G S.Fat 5.9 G Chol 31.3 Mg Sodm 1132.16 Mg Carb 96.35 G Fiber 5.6 G Ptn 27.20 G Iron 4.65 Mg Calc 599.12 Mg Vit A 449.17 RE Vit C 27.30 Mg



## Fredericksburg ISD Elementary School Breakfast Menu

### Breakfast Meal Prices:

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

Students may choose the daily selection or cereal w/toast.

Fresh Fruit and a choice of 1% White, 1% Chocolate and Fat Free Milk are offered daily with meal.



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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Waffles Cereal w/Toast Pleasant Peaches	2 Cheesy Scrambled Eggs Cereal w/Wheat Toast Chilled Pineapple	3 Oatmeal Cinnamon Toast Cereal w/Toast Applesauce	4 Kolache Cereal w/Toast Blushing Pears	5 Cinnamon Roll Cereal w/Toast Mandarin Oranges	Cal 493 T.Fat 9.32 G S.Fat 2.7 G Chol 28.7 Mg Sodm 623.34 Mg Carb 89.74 G Fiber 1.4 G Prtn 13.40 G Iron 4.09 Mg Calc 390.97 Mg Vit A 214.91 RE Vit C 20.69 Mg
8 Breakfast Pizza Cereal w/Toast Chilled Pineapple	9 Oatmeal w/Cinn Toast Cereal w/Toast Applesauce	10 Sausage Biscuit Cereal w/Toast Mixed Fruit	11 Breakfast Taco Cereal w/Wheat Toast Blushing Pears	12 Pancakes Cereal w/Toast Mandarin Oranges	Cal 490 T.Fat 11.31 G S.Fat 3.5 G Chol 41.7 Mg Sodm 794.75 Mg Carb 81.43 G Fiber 1.6 G Prtn 15.43 G Iron 3.14 Mg Calc 638.09 Mg Vit A 506.88 RE Vit C 19.59 Mg
<i>READY, SET, GO WITH SCHOOL BREAKFAST! NATIONAL SCHOOL BREAKFAST WEEK MARCH 8-12</i>					
15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK	
22 Oatmeal Cinnamon Toast Cereal w/Toast Mixed Fruit	23 Cheesy Scrambled Eggs Cereal w/Wheat Toast Blushing Pears	24 Waffles Cereal w/Toast Rosy Applesauce	25 Ham & Cheese Biscuit Cereal w/Toast Mandarin Oranges	26 Cinnamon Roll Cereal w/Toast Chilled Pineapple	Cal 502 T.Fat 9.58 G S.Fat 2.8 G Chol 28.5 Mg Sodm 672.15 Mg Carb 90.73 G Fiber 1.4 G Prtn 13.98 G Iron 4.10 Mg Calc 398.72 Mg Vit A 218.25 RE Vit C 21.03 Mg
29 Pancakes Cereal w/Toast Rosy Applesauce	30 Sausage Biscuit Cereal w/Toast Mandarin Oranges	31 Breakfast Taco Cereal w/Wheat Toast Pleasant Peaches	1 Oatmeal Cinnamon Toast Cereal w/Toast Blushing Pears	2 HOLIDAY	Cal 500 T.Fat 11.09 G S.Fat 3.3 G Chol 47.9 Mg Sodm 790.77 Mg Carb 85.21 G Fiber 1.6 G Prtn 15.22 G Iron 3.53 Mg Calc 402.48 Mg Vit A 182.92 RE Vit C 18.88 Mg