



March



Fredericksburg ISD High 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.



* Menu Subject to Change Due to Availability



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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Oatmeal Cinnamon Toast Cereal w/Toast Rosy Applesauce	2 Waffles Cereal w/Toast Chilled Pears	3 Cinnamon Roll Cereal w/Toast Chilled Pineapple	4 Bean & Cheese Taco Cereal w/Toast Mandarin Oranges	5 Ham & Cheese Biscuit Cereal w/Toast Peach Cups	Cal 636 T.Fat 16.61 G S.Fat 4.3 G Chol 13.1 Mg Sodm 946.66 Mg Carb 106.31 G Fiber 2.2 G Prtn 17.49 G Iron 4.90 Mg Calc 438.21 Mg Vit A 239.97 RE Vit C 34.59 Mg
8 Sausage Biscuit Dippers Cereal w/Toast Pineapple	9 Oatmeal w/ Cinn Toast Cereal w/Toast Applesauce	10 Cinnamon Roll Cereal w/Toast Mandarin Oranges	11 Breakfast Taco Cereal w/Toast Chilled Pears	12 Pancakes Cereal w/Toast Peach Cups	Cal 637 T.Fat 16.91 G S.Fat 4.4 G Chol 66.4 Mg Sodm 859.31 Mg Carb 104.09 G Fiber 2.2 G Prtn 18.83 G Iron 4.89 Mg Calc 438.23 Mg Vit A 248.21 RE Vit C 30.74 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 Chilled Pears	23 Waffles Cereal w/Toast Chilled Pineapple	24 Cinnamon Roll Cereal w/Toast Mixed Fruit	25 Bean & Cheese Taco Cereal w/Toast Rosy Applesauce	26 Ham & Cheese Biscuit Cereal w/Toast Peach Cups	Cal 635 T.Fat 16.61 G S.Fat 4.3 G Chol 13.1 Mg Sodm 946.07 Mg Carb 106.00 G Fiber 2.2 G Prtn 17.45 G Iron 4.91 Mg Calc 434.05 Mg Vit A 240.74 RE Vit C 34.51 Mg
29 Sausage Biscuit Dippers Cereal w/Toast Chilled Pears	30 Oatmeal Cinnamon Toast Cereal w/Toast Mandarin Oranges	31 Cinnamon Roll Cereal w/Toast Strawberry Cups	1 Breakfast Taco Cereal w/Toast Peach Cups	2 HOLIDAY	Cal 636 T.Fat 16.78 G S.Fat 4.5 G Chol 77.9 Mg Sodm 843.34 Mg Carb 103.22 G Fiber 2.5 G Prtn 20.02 G Iron 4.88 Mg Calc 454.92 Mg Vit A 248.81 RE Vit C 35.47 Mg



Fredericksburg ISD High School Lunch Menu

Lunch Prices:

Student Full-Price	\$2.25
Reduced-Price	\$.40
Staff Price	\$2.75
Visitors	\$3.00

Students must take the entree, may choose up to 3 sides (1 in each food group) and may

take or decline milk.

We offer Fresh Fruit daily. Also, 1% White, 1% Chocolate and



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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Chicken Nuggets Mashed Potatoes Sweet Peas Rosy Applesauce	2 Sausage Tortilla Wrap Mac & Cheese Glazed Carrots Chilled Pears	3 Chicken Fajitas Lettuce/Tomato/ Cheese Pinto Beans Spanish Rice Appetizing Apricots	4 Chicken Spaghetti Garlic Breadstick Seasoned Spinach Banana Pudding	5 Fish Nuggets Buttered Noodles Seasoned Green Beans Peach Cups	Cal 850 T.Fat 25.93 G S.Fat 7.3 G Chol 68.3 Mg Sodm 2626.15 Mg Carb 120.03 G Fiber 26.2 G Prtn 34.21 G Iron 4.57 Mg Calc 616.28 Mg Vit A 871.44 RE Vit C 86.46 Mg
8 Steak Fingers Mashed Potatoes Sweet Peas Appetizing Apricots	9 Turkey & Noodles Honey Wheat Roll Glazed Carrots Garden Salad Rosy Applesauce	10 Beef & Bean Burrito Chili & Cheese Spanish Rice Mandarin Oranges	11 Lasagna Garlic Breadstick Seasoned Green Beans Chilled Pears	12 Fishburger Lettuce/Tomato French Fries Peach Cups	Cal 850 T.Fat 24.78 G S.Fat 7.1 G Chol 80.7 Mg Sodm 3156.20 Mg Carb 126.14 G Fiber 27.9 G Prtn 31.43 G Iron 7.42 Mg Calc 546.13 Mg Vit A 774.72 RE Vit C 94.10 Mg
15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK	
22 Oven Fried Chicken Mashed Potatoes Seasoned Green Beans Chilled Pears	23 Pork Roast Buttered Noodles Honey Wheat Roll Sweet Peas Chilled Pineapple	24 Chicken Quesadilla Spanish Rice Pinto Beans Mixed Fruit	25 Rotini w/Zesty Marinara & Meatballs Garlic Toast Steamed Broccoli Appetizing Apricots	26 Fish Strips Baked Beans Combread Peach Cups	Cal 855 T.Fat 25.31 G S.Fat 7.1 G Chol 78.5 Mg Sodm 2958.69 Mg Carb 118.57 G Fiber 25.1 G Prtn 37.92 G Iron 10.82 Mg Calc 532.39 Mg Vit A 484.19 RE Vit C 79.49 Mg
29 Breaded Chicken Patty Buttered Noodles Seasoned Green Beans Chilled	30 Rib BQ Pickles/Onion Mac & Cheese Seasoned Corn Appetizing Apricots	31 Cheese Enchiladas Refried Beans Spanish Rice Peach Cups	1 Spaghetti & Meatballs Garlic Breadstick Garden Salad Cherry Crisp	2 HOLIDAY	Cal 846 T.Fat 22.88 G S.Fat 7.1 G Chol 50.1 Mg Sodm 3169.31 Mg Carb 129.91 G Fiber 27.5 G Prtn 30.31 G Iron 5.22 Mg Calc 550.29 Mg Vit A 497.58 RE Vit C 95.20 Mg