



March

Fredericksburg ISD Middle 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 Fat Free Milk are the daily milk choices.



* 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) 720-6362 (TTY). USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Chicken Nuggets Mashed Potatoes Sweet Peas Mandarin Oranges	2 Sausage Tortilla Wrap Mac & Cheese Glazed Carrots Appetizing Apricots	3 Chicken Fajitas Pinto Beans Lettuce/Tomato/ Cheese Rosy Applesauce	4 Chicken Spaghetti Garlic Breadstick Steamed Broccoli Chilled Pineapple	5 Fish Nuggets Buttered Noodles Seasoned Green Beans Blushing Pears	Cal 786 T.Fat 22.85 G S.Fat 7.2 G Chol 69.2 Mg Sodm 1536.80 Mg Carb 111.12 G Fiber 13.5 G Prtn 34.41 G Iron 4.60 Mg Calc 664.98 Mg Vit A 601.02 RE Vit C 72.07 Mg
8 Steak Fingers Mashed Potatoes Sweet Peas Chilled Pears	9 Turkey & Noodles Honey Wheat Roll Glazed Carrots Rosy Applesauce	10 Beef & Bean Burrito Chili & Cheese Spanish Rice Chilled Pineapple	11 Chili Mac Garlic Toast Seasoned Corn Pleasant Peaches Apple Crisp	12 Fishburger Lettuce/Tomato/ Pickle Tator Tots Mandarin Oranges	Cal 785 T.Fat 22.83 G S.Fat 7.0 G Chol 49.1 Mg Sodm 1272.81 Mg Carb 112.97 G Fiber 17.7 G Prtn 30.66 G Iron 4.62 Mg Calc 503.46 Mg Vit A 589.89 RE Vit C 67.51 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 Mixed Fruit	23 Rib BQ Pickles/Onion Mac & Cheese Seasoned Corn Chilled Pineapple	24 Chicken Quesadilla Spanish Rice Pinto Beans Blushing Pears	25 Beef Ravioli Garlic Toast Sweet Peas Mini Carrots Rosy Applesauce	26 Fish Strips Baked Beans Combread Mandarin Oranges	Cal 785 T.Fat 19.62 G S.Fat 6.2 G Chol 59.1 Mg Sodm 1865.42 Mg Carb 120.34 G Fiber 21.4 G Prtn 34.15 G Iron 10.83 Mg Calc 563.93 Mg Vit A 388.94 RE Vit C 64.59 Mg
29 Breaded Chicken Patty Buttered Noodles Seasoned Green Beans Chilled Pears	30 Pork Roast w/Gravy Mashed Potatoes Sweet Peas Rosy Applesauce	31 Fish Nuggets Mac & Cheese Glazed Carrots Appetizing Apricots	1 Spaghetti & Meatballs Breadstick Seasoned Spinach Chilled Pineapple Cherry Crisp	2 HOLIDAY	Cal 784 T.Fat 24.36 G S.Fat 6.5 G Chol 61.4 Mg Sodm 1388.40 Mg Carb 105.92 G Fiber 22.3 G Prtn 34.31 G Iron 4.62 Mg Calc 489.19 Mg Vit A 1947.74 RE Vit C 68.78 Mg



March



Fredericksburg ISD Middle 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 Oatmeal Cinnamon Toast Cereal w/Toast Mandarin Oranges	2 Waffles Cereal w/Toast Appetizing Apricots	3 Sausage Biscuit Cereal w/Toast Applesauce	4 Bean & Cheese Taco Cereal w/Toast Chilled Pineapple	5 Cinnamon Roll Cereal w/Toast Chilled Pears	Cal 590 T.Fat 14.01 G S.Fat 3.9 G Chol 54.8 Mg Sodm 859.52 Mg Carb 100.22 G Fiber 2.6 G Prtn 16.96 G Iron 3.80 Mg Calc 446.99 Mg Vit A 226.49 RE Vit C 23.58 Mg
8 Ham & Cheese Biscuit Cereal w/Toast Chilled Pears	9 Oatmeal w/Cinn Toast Cereal w/Toast Applesauce	10 Cinnamon Roll Cereal w/Toast Chilled Pineapple	11 Breakfast Taco Cereal w/Toast Appetizing Apricots	12 Pancakes Cereal w/Toast Mandarin Oranges	Cal 590 T.Fat 13.26 G S.Fat 4.0 G Chol 17.6 Mg Sodm 864.06 Mg Carb 101.96 G Fiber 2.4 G Prtn 17.16 G Iron 4.28 Mg Calc 426.79 Mg Vit A 225.22 RE Vit C 23.22 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 Appetizing Apricots	23 Waffles Cereal w/Toast Chilled Pineapple	24 Sausage Biscuit Cereal w/Toast Chilled Pears	25 Breakfast Taco Cereal w/Toast Applesauce	26 Cinnamon Roll Cereal w/Toast Mandarin Oranges	Cal 590 T.Fat 14.51 G S.Fat 4.3 G Chol 62.1 Mg Sodm 899.93 Mg Carb 99.18 G Fiber 2.3 G Prtn 16.39 G Iron 4.04 Mg Calc 505.10 Mg Vit A 233.95 RE Vit C 26.87 Mg
29 Ham & Cheese Biscuit Cereal w/Toast Chilled Pears	30 Oatmeal Cinnamon Toast Cereal w/Toast Applesauce	31 Cinnamon Roll Cereal w/Toast Appetizing Apricots	1 Pancakes Cereal w/Toast Chilled Pineapple	2 HOLIDAY	Cal 590 T.Fat 12.18 G S.Fat 3.5 G Chol 15.9 Mg Sodm 796.37 Mg Carb 105.42 G Fiber 2.5 G Prtn 15.65 G Iron 4.03 Mg Calc 404.12 Mg Vit A 237.96 RE Vit C 20.10 Mg