



## Fredericksburg ISD Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
23 Sausage Biscuit Cereal w/Toast Rosy Applesauce	24 Oatmeal Cinnamon Toast Cereal w/Toast Appetizing Apricots	25 Cinnamon Roll Cereal w/Toast Mandarin Oranges	26 Ham, Egg, & Cheese Taco Honey Wheat Toast Cereal w/Toast Chilled Pineapple	27 HOLIDAY	Cal 596 T.Fat 14.21 G S.Fat 4.2 G Chol 95.5 Mg Sodium 868.02 Mg Carb 99.11 G Fiber 2.9 G Prot 18.67 G Iron 4.19 Mg Calc 467.12 Mg
30 Oatmeal Cinnamon Toast Cereal w/Toast Mandarin Oranges	31 Waffles Cereal w/Toast Rosy Applesauce	1 Scrambled Eggs w/Ham Honey Wheat Toast Cereal w/Toast Pleasant Peaches	2 Bean/Cheese Taco w/Toast Honey Wheat Toast Cereal w/Toast Appetizing Apricots	3 Cinnamon Roll Cereal w/Toast Chilled Pineapple	Cal 599 T.Fat 14.32 G S.Fat 4.1 G Chol 90.9 Mg Sodium 754.45 Mg Carb 100.22 G Fiber 2.8 G Prot 18.50 G Iron 4.44 Mg Calc 491.21 Mg
6 HOLIDAY	7 Oatmeal Cinnamon Toast Cereal w/Toast Appetizing Apricots	8 Cinnamon Roll Cereal w/Toast Mandarin Oranges	9 Breakfast Taco Honey Wheat Toast Cereal w/Toast Chilled Pears	10 Pancakes Cereal w/Toast Rosy Applesauce	Cal 592 T.Fat 12.84 G S.Fat 3.6 G Chol 90.1 Mg Sodium 754.29 Mg Carb 104.69 G Fiber 2.6 G Prot 15.94 G Iron 4.12 Mg Calc 446.40 Mg
13 Oatmeal Cinnamon Toast Cereal w/Toast Mandarin Oranges	14 Waffles Cereal w/Toast Rosy Applesauce	15 Scrambled Eggs w/Ham Cereal w/Toast Pleasant Peaches	16 Bean/Cheese Taco w/Toast Honey Wheat Toast Cereal w/Toast Appetizing Apricots	17 Cinnamon Roll Cereal w/Toast Chilled Pineapple	Cal 595 T.Fat 14.12 G S.Fat 4.1 G Chol 90.9 Mg Sodium 754.45 Mg Carb 100.02 G Fiber 2.6 G Prot 18.50 G Iron 4.36 Mg Calc 495.21 Mg
20 Sausage Biscuit Cereal w/Toast Rosy Applesauce	21 Oatmeal Cinnamon Toast Cereal w/Toast Appetizing Apricots	22 Cinnamon Roll Cereal w/Toast Mandarin Oranges	23 Breakfast Taco Honey Wheat Toast Cereal w/Toast Chilled Pears	24 Pancakes Cereal w/Toast Chilled Peaches	Cal 588 T.Fat 13.77 G S.Fat 4.0 G Chol 95.4 Mg Sodium 869.87 Mg Carb 99.84 G Fiber 2.2 G Prot 16.92 G Iron 4.14 Mg Calc 445.00 Mg
27 Oatmeal Cinnamon Toast Cereal w/Toast Mandarin Oranges	28 Waffles Cereal w/Toast Pleasant Peaches	29 Cheesy Scrambled Eggs Cereal w/Toast Chilled Pineapple	30 Bean/Cheese Taco w/Toast Honey Wheat Toast Cereal w/Toast Rosy Applesauce	1 Cinnamon Roll Cereal w/Toast Chilled Pears	Cal 596 T.Fat 14.04 G S.Fat 4.0 G Chol 79.8 Mg Sodium 737.35 Mg Carb 101.10 G Fiber 2.7 G Prot 18.08 G Iron 4.26 Mg Calc 488.83 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 Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
23 Chicken Nuggets Mashed Potatoes Seasoned Green Beans Rosy Applesauce	24 Sausage Tortilla Wrap Mac & Cheese Glazed Carrots Pleasant Peaches	25 Chicken Fajitas Pinto Beans Lettuce/Tomato/Cheese Mandarin Oranges	26 Chicken Spaghetti Garlic Breadstick Steamed Broccoli Chilled Pineapple	27 HOLIDAY	Cal 786 T.Fat 21.89 G S.Fat 7.8 G Chol 73.8 Mg Sodium 1913.56 Mg Carb 112.01 G Fiber 11.2 G Prot 35.45 G Iron 4.96 Mg Calc 724.51 Mg
30 Steak Fingers Mashed Potatoes Seasoned Corn Mandarin Oranges	31 Turkey & Noodles Honey Wheat Roll Glazed Carrots Garden Salad Rosy Applesauce	1 Beef & Bean Burrito Chili & Cheese Spanish Rice Pleasant Peaches	2 Lasagna Garlic Toast Seasoned Green Beans Appetizing Apricots Rainbow Apples	3 Buffalo Chicken Wrap Lettuce/Tomato Multigrain Sunchips Chilled Pineapple	Cal 791 T.Fat 24.32 G S.Fat 7.8 G Chol 48.4 Mg Sodium 1335.53 Mg Carb 111.14 G Fiber 5.7 G Prot 29.41 G Iron 4.72 Mg Calc 562.29 Mg
6 HOLIDAY	7 Rib BQ Pickles/Onion Baked Beans Seasoned Corn Mixed Fruit	8 King Ranch Casserole Spanish Rice Pinto Beans Mandarin Oranges	9 Beef Ravioli Garlic Toast Sweet Peas Mini Carrots Chilled Pears	10 Hot Turkey & Cheese Sub Tator Tots Lettuce/Tomato/Pickle Rosy Applesauce	Cal 791 T.Fat 20.94 G S.Fat 6.7 G Chol 47.6 Mg Sodium 1954.71 Mg Carb 118.55 G Fiber 5.1 G Prot 34.22 G Iron 183.91 Mg Calc 535.42 Mg
13 BBQ Beef Sandwich Pickles/Onion Buttered Noodles Mini Carrots Mandarin Oranges	14 Pork Roast w/Gravy Baked Sweet Potato Apples Seasoned Corn Rosy Applesauce	15 Crispy Beef Tacos Lettuce/Tomato/Cheese Spanish Rice Pinto Beans Pleasant Peaches	16 Spaghetti & Meatsauce Garlic Breadstick Steamed Broccoli Chilled Pineapple	17 Turkey & Cheese Wrap Veggie Dippers French Fries Chilled Pears	Cal 794 T.Fat 22.88 G S.Fat 8.1 G Chol 74.6 Mg Sodium 1191.05 Mg Carb 108.13 G Fiber 6.7 G Prot 37.48 G Iron 7.55 Mg Calc 495.22 Mg
20 Chicken Fried Steak Mashed Potatoes Seasoned Green Beans Rosy Applesauce	21 Hot Dog Chili & Cheese Mac & Cheese Mixed Fruit	22 Beef Enchiladas Lettuce/Tomato Pinto Beans Spanish Rice Mandarin Oranges	23 Breaded Chicken Patty Buttered Noodles Seasoned Corn Chilled Pears	24 Hot Turkey & Cheese Sub Tator Tots Lettuce/Tomato/Pickle Peach Cobbler Chilled Peaches	Cal 777 T.Fat 22.07 G S.Fat 6.8 G Chol 55.2 Mg Sodium 1550.25 Mg Carb 114.05 G Fiber 6.2 G Prot 30.30 G Iron 148.43 Mg Calc 505.58 Mg
27 Chicken Nuggets Mashed Potatoes Sweet Peas Mandarin Oranges	28 Sausage Tortilla Wrap Macaroni & Cheese Glazed Carrots Pleasant Peaches	29 Chicken Fajitas Pinto Beans Spanish Rice Lettuce/Tomato/Cheese Chilled Pineapple	30 Chicken Spaghetti Garlic Breadstick Steamed Broccoli Rosy Applesauce	1 Turkey & Cheese Wrap Veggie Dippers Tator Tots Chilled Pears	Cal 785 T.Fat 24.05 G S.Fat 8.3 G Chol 70.5 Mg Sodium 1963.17 Mg Carb 106.23 G Fiber 6.0 G Prot 35.37 G Iron 4.59 Mg Calc 687.30 Mg

**Lunch Prices:**

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

\* Menu Subject to Change Due to Availability \*

Students must take the 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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