



March

Fredericksburg ISD Primary 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) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Chicken Nuggets Seasoned Spinach Mac & Cheese Chilled Pineapple	2 Hot Dog Seasoned Corn Baked Beans Mandarin Oranges	3 Cheese Pizza Sweet Peas Mini Carrots Appetizing Apricots Fresh Orange Wedges	4 Chicken Spaghetti Glazed Carrots Blushing Pears CHERRY CRISP	5 Hamburger Fishburger Lettuce/Tomato/ Pickle Tator Tots Rosy Applesauce Orange Half	Cal 605 T.Fat 19.74 G S.Fat 5.7 G Chol 43.6 Mg Sodm 1293.73 Mg Carb 81.31 G Fiber 4.8 G Prtn 27.13 G Iron 3.42 Mg Calc 505.01 Mg Vit A 483.87 RE Vit C 15.69 Mg
8 Steak Fingers Mashed Potatoes Seasoned Green Beans Pleasant Peaches	9 Beef Ravioli Garlic Breadstick Veggie Dippers Mandarin Oranges	10 Cheese Pizza Seasoned Corn Jell-O Chilled Pineapple	11 Turkey & Noodles Glazed Carrots Honey Wheat Toast Blushing Pears	12 Cheeseburger Fishburger Lettuce/Tomato/ Pickle French Fries Rosy Applesauce	Cal 605 T.Fat 17.19 G S.Fat 5.7 G Chol 37.5 Mg Sodm 1156.75 Mg Carb 86.98 G Fiber 4.4 G Prtn 26.09 G Iron 5.26 Mg Calc 491.65 Mg Vit A 369.26 RE Vit C 19.28 Mg
15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK 	18 SPRING BREAK	19 SPRING BREAK	
22 Corn Dog Mac & Cheese Sweet Peas Chilled Pineapple	23 Grilled Cheese Sandwich Veggie Dippers Baked Beans Rainbow Apples Fruited Jell-O	24 Sausage Pizza Seasoned Corn Mini Carrots Blushing Pears	25 Bean & Cheese Chalupa Lettuce/Tomato Spanish Rice Chocolate Pudding Mandarin Oranges	26 Hamburger Fishburger Lettuce/Tomato/ Pickle Tator Tots Rosy Applesauce	Cal 600 T.Fat 19.08 G S.Fat 5.6 G Chol 29.6 Mg Sodm 1271.73 Mg Carb 84.29 G Fiber 4.9 G Prtn 22.93 G Iron 5.26 Mg Calc 511.90 Mg Vit A 350.22 RE Vit C 16.80 Mg
29 Breaded Chicken Patty Buttered Noodles Seasoned Green Beans Mandarin Oranges	30 Sloppy Joe Baked Beans Mixed Vegetables Blushing Pears	31 Spaghetti & Meatsauce Garlic Toast Steamed Broccoli Chilled Pineapple	1 Cheeseburger Hamburger Lettuce/Tomato/ Pickle French Fries Rosy Applesauce	2 HOLIDAY	Cal 606 T.Fat 16.82 G S.Fat 5.9 G Chol 58.1 Mg Sodm 1164.54 Mg Carb 81.21 G Fiber 4.8 G Prtn 30.69 G Iron 6.48 Mg Calc 432.59 Mg Vit A 284.45 RE Vit C 20.82 Mg



Fredericksburg ISD Primary 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 Kolache Cereal w/Toast Chilled Pineapple	2 Cinnamon Roll Cereal w/Toast Mandarin Oranges	3 Oatmeal Cinnamon Toast Cereal w/Toast Appetizing Apricots	4 Pancakes Cereal w/Toast Chilled Pears	5 Donut GLAZE, POWD ERED SUGAR Cereal w/Toast Rosy Applesauce Fresh Orange	Cal 452 T.Fat 8.49 G S.Fat 2.5 G Chol 10.8 Mg Sodm 558.40 Mg Carb 82.88 G Fiber 1.7 G Prtn 12.11 G Iron 4.09 Mg Calc 400.59 Mg Vit A 168.21 RE Vit C 13.92 Mg
8 Oatmeal Cinnamon Toast Cereal w/Toast Appetizing	9 Waffles Cereal w/Toast Mandarin Oranges	10 Cinnamon Roll Cereal w/Toast Chilled Pineapple	11 Breakfast Taco Cereal w/Toast Blushing Pears	12 Scrambled Eggs w/Ham Cereal w/Toast Rosy Applesauce	Cal 455 T.Fat 8.77 G S.Fat 2.8 G Chol 61.7 Mg Sodm 590.60 Mg Carb 81.15 G Fiber 1.7 G Prtn 14.09 G Iron 3.73 Mg Calc 431.57 Mg Vit A 185.54 RE Vit C 13.59 Mg
READY, SET, GO WITH SCHOOL BREAKFAST! NATIONAL SCHOOL BREAKFAST WEEK MARCH 8-12					
15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK	
22 Kolache Cereal w/Toast Chilled Pineapple	23 Cinnamon Roll Cereal w/Toast Mixed Fruit	24 Oatmeal Cinnamon Toast Cereal w/Toast Blushing Pears	25 Pancakes Cereal w/Toast Mandarin Oranges	26 Ham & Cheese Biscuit Cereal w/Toast Rosy Applesauce Fresh Orange Wedges	Cal 453 T.Fat 8.65 G S.Fat 2.8 G Chol 13.5 Mg Sodm 648.83 Mg Carb 81.70 G Fiber 1.6 G Prtn 13.07 G Iron 4.13 Mg Calc 413.37 Mg Vit A 165.03 RE Vit C 12.00 Mg
29 Oatmeal Cinnamon Toast Cereal w/Toast Mandarin Oranges	30 Waffles Cereal w/Toast Blushing Pears	31 Cinnamon Roll Cereal w/Toast Chilled Pineapple Orange Half	1 Sausage Biscuit Cereal w/Toast Rosy Applesauce	2 HOLIDAY	Cal 453 T.Fat 8.50 G S.Fat 2.6 G Chol 11.0 Mg Sodm 605.90 Mg Carb 81.85 G Fiber 1.6 G Prtn 12.98 G Iron 3.34 Mg Calc 384.81 Mg Vit A 154.72 RE Vit C 13.39 Mg