



## Fredericksburg ISD Primary School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
23 Kolache Cereal w/Toast Chilled Pineapple	24 Cinnamon Roll Cereal w/Toast Mandarin Oranges	25 Oatmeal Cinnamon Toast Cereal w/Toast Fresh Orange Wedges	26 Pancakes Cereal w/Toast Applesauce	27 HOLIDAY	Cal 450 T.Fat 8.03 G S.Fat 2.5 G Chol 12.3 Mg Sodium 354.32 Mg Carb 33.17 G Fiber 1.5 G Prot 12.17 G Iron 4.03 Mg Calc 394.37 Mg
30 Oatmeal Cinnamon Toast Cereal w/Toast Pleasant Peaches	31 Waffles Cereal w/Toast Mandarin Oranges	1 Cinnamon Roll Cereal w/Toast Chilled Pineapple	2 Sausage Biscuit Cereal w/Toast Chilled Peaches	3 Breakfast Taco Cereal w/Toast Rosy Applesauce Orange Half	Cal 455 T.Fat 8.77 G S.Fat 2.8 G Chol 35.4 Mg Sodium 535.74 Mg Carb 51.46 G Fiber 1.5 G Prot 13.73 G Iron 3.52 Mg Calc 401.45 Mg
6 HOLIDAY	7 Pancakes Cereal w/Toast Chilled Pineapple	8 Oatmeal Cinnamon Toast Cereal w/Toast Fresh Orange Wedges	9 Cinnamon Roll Cereal w/Toast Mandarin Oranges	10 Cheesy Scrambled Eggs Cereal w/Toast Rosy Applesauce	Cal 455 T.Fat 8.51 G S.Fat 2.6 G Chol 45.6 Mg Sodium 573.82 Mg Carb 52.10 G Fiber 1.4 G Prot 13.51 G Iron 4.37 Mg Calc 438.45 Mg
13 Oatmeal Cinnamon Toast Cereal w/Toast Chilled Pineapple	14 Waffles Cereal w/Toast Mandarin Oranges	15 Cinnamon Roll Cereal w/Toast Appetizing Apricots Fresh Orange Wedges	16 Sausage Biscuit Cereal w/Toast Chilled Peaches	17 Breakfast Taco Cereal w/Toast Rosy Applesauce Orange Half	Cal 455 T.Fat 8.78 G S.Fat 2.8 G Chol 35.4 Mg Sodium 535.51 Mg Carb 51.09 G Fiber 1.5 G Prot 13.77 G Iron 3.52 Mg Calc 402.65 Mg
20 Kolache Cereal w/Toast Chilled Pineapple	21 Cinnamon Roll Cereal w/Toast Mandarin Oranges	22 Oatmeal Cinnamon Toast Cereal w/Toast Mixed Fruit	23 Pancakes Cereal w/Toast Rosy Applesauce	24 Scrambled Eggs w/Ham Cereal w/Toast Fresh Orange Wedges	Cal 450 T.Fat 8.57 G S.Fat 2.8 G Chol 41.3 Mg Sodium 588.19 Mg Carb 50.57 G Fiber 1.3 G Prot 13.42 G Iron 4.95 Mg Calc 413.30 Mg
27 Oatmeal Cinnamon Toast Cereal w/Toast Chilled Pineapple	28 Waffles Cereal w/Toast Mandarin Oranges	29 Cinnamon Roll Cereal w/Toast Chilled Pineapple	30 Sausage Biscuit Cereal w/Toast Rosy Applesauce	1 Breakfast Taco Cereal w/Toast Chilled Peaches Orange Half	Cal 454 T.Fat 8.78 G S.Fat 2.8 G Chol 35.4 Mg Sodium 537.71 Mg Carb 50.53 G Fiber 1.5 G Prot 13.76 G Iron 3.52 Mg Calc 402.28 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, and a variety of low fat and fat free milk are offered daily.





## Fredericksburg ISD Primary School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
23 Chicken Nuggets Glazed Carrots Mac & Cheese Chilled Pineapple	24 Hot Dog Garden Salad Baked Beans Mandarin Oranges	25 Cheese Pizza Sweet Peas Mini Carrots Appetizing Apricots	26 Chicken Crispito Seasoned Com Pinto Beans Rosy Applesauce Chocolate Pudding	27 HOLIDAY	Cal 606 T.Fat 19.54 G S.Fat 5.1 G Chol 42.0 Mg Sodm 1283.61 Mg Carb 84.39 G Fiber 5.1 G Prot 26.08 G Iron 3.33 Mg
30 Steak Fingers Mashed Potatoes Glazed Carrots Pleasant Peaches	31 Beef Ravioli Garlic Breadstick Seasoned Green Beans Mandarin Oranges	1 Pepperoni Pizza Seasoned Com Jell-O Chilled Pineapple	2 Turkey & Noodles Steamed Broccoli Honey Wheat Toast Blushing Pears	3 Hamburger Cheeseburger Lettuce/Tomato/Pickle French Fries Rosy Applesauce	Cal 603 T.Fat 16.90 G S.Fat 5.9 G Chol 37.4 Mg Sodm 1282.21 Mg Carb 86.21 G Fiber 4.9 G Prot 27.20 G Iron 5.54 Mg Calc 490.80 Mg
6 HOLIDAY	7 Corn Dog Mac & Cheese Seasoned Green Beans Chilled Pineapple	8 Sausage Pizza Seasoned Com Veggie Dippers Chilled Peaches	9 Grilled Cheese Sandwich Baked Beans Garden Salad Mandarin Oranges Rainbow Apples	10 Hamburger Cheeseburger Lettuce/Tomato/Pickle Tator Tots Rosy Applesauce	Cal 606 T.Fat 19.78 G S.Fat 5.9 G Chol 34.4 Mg Sodm 1436.35 Mg Carb 83.11 G Fiber 4.8 G Prot 23.85 G Iron 5.40 Mg Calc 480.54 Mg
13 Breaded Chicken Patty Buttered Noodles Seasoned Green Beans Chilled Pineapple	14 Crispy Beef Taco Lettuce/Tomato Pinto Beans Mandarin Oranges	15 Cheese Pizza Sweet Peas Mini Carrots Appetizing Apricots	16 Spaghetti & Meat Sauce Steamed Broccoli Chilled Peaches Vanilla Pudding	17 Hamburger Lettuce/Tomato/Pickle French Fries Rosy Applesauce	Cal 588 T.Fat 17.90 G S.Fat 5.4 G Chol 52.4 Mg Sodm 1039.51 Mg Carb 78.85 G Fiber 5.1 G Prot 27.57 G Iron 5.90 Mg Calc 485.42 Mg
20 Chicken Nuggets Mac & Cheese Glazed Carrots Chilled Pineapple	21 Hot Dog Garden Salad Baked Beans Mandarin Oranges	22 Sausage Pizza Sweet Peas Peach Cobbler Mixed Fruit	23 Chicken Crispito Seasoned Com Pinto Beans Rosy Applesauce	24 Hamburger Cheeseburger Lettuce/Tomato/Pickle Tator Tots Rainbow Apples Orange Half	Cal 613 T.Fat 18.95 G S.Fat 5.6 G Chol 38.5 Mg Sodm 1344.61 Mg Carb 86.25 G Fiber 5.7 G Prot 24.94 G Iron 3.35 Mg Calc 480.87 Mg
27 Steak Fingers Mashed Potatoes Mini Carrots Chilled Pineapple	28 Beef Ravioli Garlic Breadstick Seasoned Green Beans Mandarin Oranges	29 Pepperoni Pizza Garden Salad Seasoned Com Rosy Applesauce	30 Cheese Quesadilla Pinto Beans Mixed Fruit Apple Crisp	1 Hamburger Lettuce/Tomato/Pickle Tator Tots Chilled Peaches	Cal 614 T.Fat 18.63 G S.Fat 5.8 G Chol 34.8 Mg Sodm 1352.79 Mg Carb 85.28 G Fiber 5.6 G Prot 27.14 G Iron 4.78 Mg

**Lunch Prices:**

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

\* Menu Subject to Change Due to Availability \*

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 a variety of low fat and fat free milk are offered daily with meals.

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