



## Fredericksburg ISD Stonewall Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
23 Kolache Cereal w/ Toast Rosy Applesauce	24 Cinnamon Roll Cereal w/ Toast Pleasant Peaches	25 Oatmeal Cereal w/ Toast Chilled Pineapple	26 Pancakes Cereal w/ Toast Orange Half	27	Cal 488 T.Fat 8.38 G S.Fat 2.7 G Chol 15.2 Mg Sodium 577.73 Mg Carb 90.52 G Fiber 1.7 G Prot 13.57 G Iron 3.11 Mg
30 Oatmeal Cereal w/ Toast Mandarin Oranges	31 Waffles w/Sausage Cereal w/ Toast Orange Half	1 Ham, Egg, & Cheese Taco Cereal w/ Toast Chilled Pineapple	2 Sausage Biscuit Cereal w/ Toast Appetizing Apricots	3 Cinnamon Roll Cereal w/ Toast Blushing Pears	Cal 487 T.Fat 10.35 G S.Fat 3.4 G Chol 85.3 Mg Sodium 778.84 Mg Carb 81.49 G Fiber 1.4 G Prot 17.35 G Iron 3.95 Mg Calc 440.65 Mg
6 HOLIDAY	7 Cinnamon Roll Cereal w/ Toast Rosy Applesauce	8 Oatmeal Cereal w/ Toast Chilled Pineapple	9 Pancakes Cereal w/ Toast Orange Half	10 Ham & Cheese Biscuit Cereal w/ Toast Appetizing Apricots	Cal 490 T.Fat 7.69 G S.Fat 2.3 G Chol 11.2 Mg Sodium 602.49 Mg Carb 92.45 G Fiber 1.3 G Prot 13.72 G Iron 4.13 Mg Calc 391.24 Mg
13 Oatmeal Cereal w/ Toast Rosy Applesauce	14 Scrambled Eggs w/Toast Cereal w/ Toast Chilled Pineapple	15 Breakfast Taco Cereal w/ Toast Chilled Peaches	16 Sausage Biscuit Cereal w/ Toast Mixed Fruit	17 Cinnamon Roll Cereal w/ Toast Mandarin Oranges	Cal 485 T.Fat 8.32 G S.Fat 3.1 G Chol 81.2 Mg Sodium 682.12 Mg Carb 85.05 G Fiber 1.3 G Prot 16.20 G Iron 4.00 Mg
20 Kolache Cereal w/ Toast Mandarin Oranges	21 Cinnamon Roll Cereal w/ Toast Rosy Applesauce	22 Oatmeal Cereal w/ Toast Chilled Pineapple	23 Pancakes Cereal w/ Toast Orange Half	24 Ham & Cheese Biscuit Cereal w/ Toast Blushing Pears	Cal 489 T.Fat 8.05 G S.Fat 2.6 G Chol 14.2 Mg Sodium 603.59 Mg Carb 91.49 G Fiber 1.5 G Prot 13.50 G Iron 3.68 Mg Calc 393.75 Mg
27 Oatmeal Cereal w/ Toast Chilled Pineapple	28 Waffles w/Sausage Cereal w/ Toast Orange Half	29 Ham, Egg, & Cheese Taco Cereal w/ Toast Rosy Applesauce	30 Sausage Biscuit Cereal w/ Toast Mandarin Oranges	1 Cinnamon Roll Cereal w/ Toast Appetizing Apricots	Cal 488 T.Fat 8.35 G S.Fat 3.4 G Chol 85.3 Mg Sodium 775.59 Mg Carb 81.82 G Fiber 1.4 G Prot 17.37 G Iron 3.95 Mg Calc 445.32 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.





## Stonewall Elementary School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>23</b> Chicken Nuggets Glazed Carrots Mac & Cheese Rosy Applesauce	<b>24</b> Sausage Tortilla Wrap Buttered Noodles Seasoned Green Beans Pleasant Peaches	<b>25</b> Cheese Pizza Sweet Peas Mini Carrots Chilled Pineapple	<b>26</b> Chicken Crispito Seasoned Corn Spanish Rice Chocolate Pudding Orange Half	<b>27</b> HOLIDAY	Cal 651 T.Fat 21.77 G S.Fat 5.9 G Chol 43.0 Mg Sodium 1282.75 Mg Carb 91.00 G Fiber 5.1 G Ptn 24.15 G Iron 3.19 Mg Calc 487.87 Mg
<b>30</b> Steak Fingers Mashed Potatoes Seasoned Green Beans Mandarin Oranges	<b>31</b> Beef Ravioli Garlic Breadstick Steamed Broccoli Rosy Applesauce	<b>1</b> Sausage Pizza Seasoned Corn Mini Carrots Chilled Pineapple	<b>2</b> Corn Dog Mac & Cheese Sweet Peas Appetizing Apricots	<b>3</b> Hamburger Cheeseburger Lettuce/Tomato/Pickle Tator Tots Mixed Fruit	Cal 654 T.Fat 19.85 G S.Fat 6.6 G Chol 42.8 Mg Sodium 1470.97 Mg Carb 92.33 G Fiber 5.9 G Ptn 25.62 G Iron 5.40 Mg Calc 474.80 Mg
<b>6</b> HOLIDAY	<b>7</b> Hot Dog Sunchips Sweet Peas Rosy Applesauce	<b>8</b> Pepperoni Pizza Seasoned Corn Mini Carrots Chilled Pineapple	<b>9</b> Crispy Beef Tacos Lettuce/Tomato Refried Beans Mandarin Oranges	<b>10</b> Hamburger Cheeseburger Lettuce/Tomato/Pickle Tator Tots Chilled Pears	Cal 649 T.Fat 20.73 G S.Fat 6.3 G Chol 42.7 Mg Sodium 1291.56 Mg Carb 88.28 G Fiber 5.9 G Ptn 28.42 G Iron 4.41 Mg Calc 566.75 Mg
<b>13</b> Rib BQ Mac & Cheese Steamed Carrots Rosy Applesauce	<b>14</b> Toasted Ham & Cheese Baked Beans Garden Salad Chilled Pineapple	<b>15</b> Cheese Pizza Sweet Peas Veggie Dippers Pleasant Peaches	<b>16</b> Chicken Quesadilla Lettuce/Tomato Spanish Rice Mixed Fruit	<b>17</b> Hamburger Cheeseburger Lettuce/Tomato/Pickle Tator Tots Mandarin Oranges	Cal 645 T.Fat 18.79 G S.Fat 5.8 G Chol 35.6 Mg Sodium 1514.69 Mg Carb 93.15 G Fiber 5.9 G Ptn 28.30 G Iron 3.94 Mg Calc 611.72 Mg
<b>20</b> Chicken Fried Steak Mashed Potatoes Sweet Peas Mandarin Oranges	<b>21</b> Chicken Spaghetti Steamed Broccoli Garlic Toast Rosy Applesauce	<b>22</b> Sausage Pizza Seasoned Corn Mini Carrots Chilled Pineapple	<b>23</b> Nacho Grande Pinto Beans Lettuce/Tomato Fruited Jell-O Orange Half	<b>24</b> Hamburger Cheeseburger Lettuce/Tomato/Pickle Tator Tots Blushing Pears	Cal 650 T.Fat 21.25 G S.Fat 6.7 G Chol 45.3 Mg Sodium 1283.56 Mg Carb 85.52 G Fiber 5.9 G Ptn 28.95 G Iron 3.52 Mg Calc 484.33 Mg
<b>27</b> Chicken Nuggets Glazed Carrots Mac & Cheese Chilled Pineapple	<b>28</b> Sausage Tortilla Wrap Buttered Noodles Seasoned Green Beans Pleasant Peaches	<b>29</b> Pepperoni Pizza Sweet Peas Veggie Dippers Rosy Applesauce	<b>30</b> Chicken Crispito Seasoned Corn Spanish Rice Chocolate Pudding Mandarin Oranges	<b>1</b> Hamburger Cheeseburger Lettuce/Tomato/Pickle Tator Tots Appetizing Apricots	Cal 646 T.Fat 20.41 G S.Fat 6.0 G Chol 39.7 Mg Sodium 1344.97 Mg Carb 92.69 G Fiber 5.1 G Ptn 24.51 G Iron 3.27 Mg Calc 504.03 Mg

**Lunch Prices:**

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

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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.