

# FLAGSHIP BREAKFAST

# MAY MENU 2024



## ANNOUNCEMENTS:

**BREAKFAST**  
7:00 AM – 7:50 AM

**PRICES**  
Paid: \$3.25  
Reduced: NO COST  
Free: NO COST

**Breakfast includes;**  
entree, fat-free or 1% fat milk and fresh fruit

**Add funds**  
[schoolcafe.com/betaacademy](http://schoolcafe.com/betaacademy)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <sup>ST</sup> <b>Hot Entree</b> – Strawberry Pancake Bowl (V)  <b>Fruit</b> – Apple Juice	2 <sup>ND</sup> <b>Hot Entree</b> –Egg and Cheese Hashbrown (V)  <b>Fruit</b> – Banana and Apple Juice	3 <sup>RD</sup> <b>Hot Entree</b> –Mini Bagels with Strawberry Cream Cheese (V)  <b>Fruit</b> – Oranges And Apple Juice
6 <sup>TH</sup> <b>Cold Entree</b> – Cinnamon Toast Crunch Cereal (V)  <b>Fruit</b> – Diced Pears and Apple Juice	7 <sup>TH</sup> <b>Hot Entree</b> – Turkey Sausage Breakfast Pizza  <b>Fruit</b> – Red Apple Slices and Apple Juice	8 <sup>TH</sup> <b>Hot Entree</b> –Grape Filled Crescent Roll (V)  <b>Fruit</b> –Oranges and Apple Juice	9 <sup>TH</sup> <b>Hot Entree</b> –Mini Confetti Pancakes (V)  <b>Fruit</b> – Banana and Apple Juice	10 <sup>TH</sup>  <b>NO SCHOOL</b>
13 <sup>TH</sup> <b>Cold Entree</b> – Apple Cinnamon Cheerios Cereal (V)  <b>Fruit</b> – Diced Pears and Apple Juice	14 <sup>TH</sup> <b>Hot Entree</b> – Pancake Sausage Bites with Syrup  <b>Fruit</b> – Red Apple Slices and Apple Juice	15 <sup>TH</sup> <b>Hot Entree</b> – Caramel Mini Cinnamon Rolls (V)  <b>Fruit</b> –Oranges and Apple Juice	16 <sup>TH</sup> <b>Hot Entree</b> –Honey Chicken Biscuit  <b>Fruit</b> – Banana and Apple Juice	17 <sup>TH</sup>  <b>NO SCHOOL</b>
20 <sup>TH</sup> <b>Cold Entree</b> – Frosted Flakes Cereal with String Cheese (V)  <b>Fruit</b> – Diced Pears and Apple Juice	21 <sup>ST</sup> <b>Hot Entree</b> – Biscuit with Jelly (V)  <b>Fruit</b> – Red Apple Slices and Apple Juice	22 <sup>ND</sup> <b>Hot Entree</b> –Mini French Toast Bites (V)  <b>Fruit</b> – Diced Peaches and Apple Juice	23 <sup>RD</sup> <b>Cold Entree</b> – Fruit Flavored Yogurt with Granola (V)  <b>Fruit</b> – Banana and Apple Juice	24 <sup>TH</sup>  <b>NO SCHOOL</b>
27 <sup>TH</sup>  <b>HAVE</b>	28 <sup>TH</sup>  <b>A</b>	29 <sup>TH</sup>  <b>GREAT</b>	30 <sup>TH</sup>  <b>SUMMER</b>	31 <sup>ST</sup>  <b>!!!</b>



EXTRA SIDE OF MILK/FRUIT/VEGETABLE - \$0.50  
SECOND BREAKFAST: \$3.25  
SECOND LUNCH: \$4.50



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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MENUS ARE SUBJECT TO CHANGE  
V – Vegetarian



QUESTIONS? EMAIL: [CNP@BETAACADEMY.ORG](mailto:CNP@BETAACADEMY.ORG)

Updated 5/1/2024  
[www.SquareMeals.org](http://www.SquareMeals.org)

# FLAGSHIP 3-8 GRADE LUNCH

# MAY MENU 2024



**ANNOUNCEMENTS:**  
**PRICES**  
 Paid: \$4.50  
 Reduced: \$0.40  
 Free: NO COST  
**Lunch includes;**  
 entree, 1% fat unflavored or skim chocolate milk, vegetable and fresh fruit  
**Add funds**  
[schoolcafe.com/betaacademy](http://schoolcafe.com/betaacademy)  
**MS STAAR LUNCH 5/1:** Soy butter and Jelly Sandwich with String Cheese  
**SUNSHINE STAAR LUNCH 5/2:** Turkey and Cheese Sandwich  
**MS FIELD DAY/LAST DAY 5/22:** Turkey and Cheese Sandwich

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <sup>ST</sup> <b>Hot Entree</b> 3-5 <i>Grade ONLY:</i> –Chicken Parmesan Penne Pasta  <b>Vegetable</b> – Marinara Sauce and Broccoli	2 <sup>ND</sup> <b>Hot Entree</b> – 6-8 <i>Grade ONLY:</i> Chili Cheese Tater Tots  <b>Vegetables</b> – Tater Tots	3 <sup>RD</sup> <b>Hot Entree</b> – 3-5 <i>Grade ONLY:</i> Pull Apart Cheese and Garlic Bread (V) <b>Vegetable</b> – Diced Carrots and Broccoli
6 <sup>TH</sup> <b>Hot Entree</b> – Beef Cheeseburger  <b>Vegetable</b> – Wedge Cut Fries and Broccoli	7 <sup>TH</sup> <b>Hot Entree</b> –Beef and Cheese Crispy Taco  <b>Vegetable</b> – Pinto Beans and Corn	8 <sup>TH</sup> <b>Hot Entree</b> – Chicken Tenders with Ketchup  <b>Vegetable</b> –Waffle Fries and Green Beans	9 <sup>TH</sup> <b>Hot Entree</b> –Beef Meatball Sub  <b>Vegetable</b> – Marinara Sauce and Green Beans	10 <sup>TH</sup>  <b>NO SCHOOL</b>
13 <sup>TH</sup> <b>Hot Entree</b> – Turkey Hot Dog  <b>Vegetable</b> – Crinkle Cut Fries and Diced Carrots	14 <sup>TH</sup> <b>Hot Entree</b> – B4L: Cinnamon Waffle and Turkey Sausage <b>Vegetable</b> – Dragon Punch and Cucumber Slices	15 <sup>TH</sup> <b>Hot Entree</b> – <i>NEW:</i> Grilled Chicken Burrito Bowl  <b>Vegetable</b> –Pinto Beans	16 <sup>TH</sup> <b>Hot Entree</b> –Rotini Pasta with Marinara Sauce and Mozzarella Cheese (V)  <b>Vegetable</b> –Green Beans and Diced Carrots	17 <sup>TH</sup>  <b>NO SCHOOL</b>
20 <sup>TH</sup> <b>Hot Entree</b> – Chicken Tender Sandwich <b>Vegetable</b> – Wedge Cut Fries and Green Beans	21 <sup>ST</sup> <b>Hot Entree</b> – <i>NEW:</i> Chicken Enchilada Empanada  <b>Vegetable</b> – Pinto Beans and Corn	22 <sup>ND</sup> <b>Hot Entrée</b> –3-5 <i>Grade ONLY:</i> Korean Chicken Rice Bowl <b>Vegetable</b> – Green Beans and Diced Carrots	23 <sup>RD</sup> <b>Cold Entree</b> – 3-5 <i>Grade ONLY:</i> Soybutter and Jelly Sandwich with String Cheese Stick <b>Vegetable</b> – Baby Carrots and Dragon Juice	24 <sup>TH</sup>  <b>NO SCHOOL</b>
27 <sup>TH</sup>  <b>HAVE</b>	28 <sup>TH</sup>  <b>A</b>	29 <sup>TH</sup>  <b>GREAT</b>	30 <sup>TH</sup>  <b>SUMMER</b>	31 <sup>ST</sup>  <b>!!!</b>



Food and Nutrition Division  
National School Lunch Program

EXTRA SIDE OF MILK/FRUIT/VEGETABLE - \$0.50  
 SECOND BREAKFAST: \$3.25  
 SECOND LUNCH: \$4.50



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# FLAGSHIP HIGH SCHOOL LUNCH

# MAY MENU 2024



## ANNOUNCEMENTS:

**PRICES**  
 Paid: \$4.50  
 Reduced: \$0.40  
 Free: NO COST

**Lunch includes;**  
 entree, 1% fat unflavored or chocolate skim milk, vegetable and fresh fruit

**Add funds**  
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**9th GRADE STAAR LUNCH 5/1:** Soy butter and Jelly Sandwich with String Cheese

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <sup>ST</sup> <b>Hot Entree</b> — Chicken Parmesan Penne Pasta with Dinner Roll <b>Vegetable</b> — Marinara Sauce and Broccoli	2 <sup>ND</sup> <b>Hot Entree</b> —Chili Cheese Tater Tots and Graham Crackers <b>Vegetables</b> — Tater Tots	3 <sup>RD</sup>  <b>NO SCHOOL</b>
6 <sup>TH</sup> <b>Hot Entree</b> – Beef Cheeseburger  <b>Vegetable</b> – Wedge Cut Fries and Broccoli	7 <sup>TH</sup> <b>Hot Entree</b> –Beef and Cheese Crispy Taco  <b>Vegetable</b> – Pinto Beans and Corn	8 <sup>TH</sup> <b>Hot Entree</b> – Chicken Tenders with Ketchup and Dinner Roll <b>Vegetable</b> –Waffle Fries and Green Beans	9 <sup>TH</sup> <b>Hot Entree</b> –Beef Meatball Sub  <b>Vegetable</b> –Diced Carrots and Green Beans	10 <sup>TH</sup>  <b>NO SCHOOL</b>
13 <sup>TH</sup> <b>Hot Entree</b> – Turkey Hot Dog  <b>Vegetable</b> – Crinkle Cut Fries and Diced Carrots	14 <sup>TH</sup> <b>Hot Entree</b> – B4L: Cinnamon Waffle and Turkey Sausage <b>Vegetable</b> – Dragon Punch and Cucumber Slices	15 <sup>TH</sup> <b>Hot Entree</b> – <i>NEW:</i> Grilled Chicken Burrito Bowl  <b>Vegetable</b> –Pinto Beans	16 <sup>TH</sup> <b>Cold Entree</b> – <i>Field Day Sack Lunch:</i> Turkey and Cheese Sandwich <b>Vegetable</b> –Baby Carrots and Dragon Juice <b>Fruit:</b> Crasins and Orange	17 <sup>TH</sup>  <b>NO SCHOOL</b>
20 <sup>TH</sup> <b>Hot Entree</b> – Chicken Tender Sandwich <b>Vegetable</b> – Wedge Cut Fries and Green Beans	21 <sup>ST</sup> <b>Hot Entree</b> – <i>NEW:</i> Chicken Enchilada Empanada  <b>Vegetable</b> – Pinto Beans and Corn	22 <sup>ND</sup> <b>Hot Entree</b> – Korean Chicken Rice Bowl <b>Vegetable</b> – Green Beans and Diced Carrots	23 <sup>RD</sup> <b>Cold Entree</b> – Soybutter and Jelly Sandwich with String Cheese Stick <b>Vegetable</b> – Baby Carrots and Dragon Juice	24 <sup>TH</sup>  <b>NO SCHOOL</b>
27 <sup>TH</sup>  <b>HAVE</b>	28 <sup>TH</sup>  <b>A</b>	29 <sup>TH</sup>  <b>GREAT</b>	30 <sup>TH</sup>  <b>SUMMER</b>	31 <sup>ST</sup>  <b>!!!</b>



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