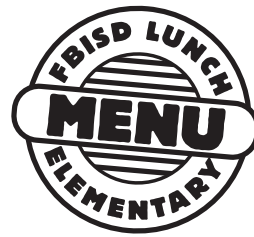
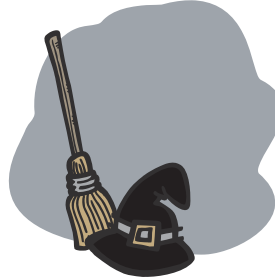


October



* Students buying lunch in the cafeteria on October 30th will receive a frozen treat!

Student	\$1.35
Reduced Daily	.40
Reduced Weekly	2.00
Adults	1.90

Monday



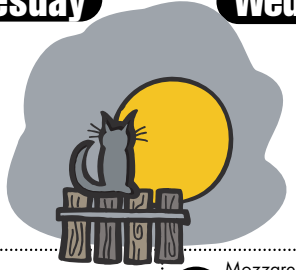
5 Popcorn Chicken Multigrain Roll **OR** Galaxy Pizza Meat or Cheese with Seasoned Corn Crisp Salad Greens Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

12 Mozzarella Pizza Sticks Marinara Sauce **OR** Hamburger **OR** Hot Grilled Fajita Chicken/Cheese Sub with Seasoned Green Beans Lettuce Cup Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

19 Chicken Nuggets Multigrain Roll **OR** Mozzarella Pizza Sticks Marinara Sauce with Seasoned Corn Vegetable Sticks w/Dip Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

26 Popcorn Chicken Multigrain Roll **OR** Classic Pizza Wedge Meat or Cheese with Seasoned Corn Fresh Vegetable Sticks w/Dip Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

Tuesday



6 Toasted Cheese Sandwich **OR** Hot Ham & Cheese on Bun with French Fries Broccoli Cuts Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

13 Chicken Nuggets Multigrain Roll **OR** Classic Pizza Wedge Meat or Cheese with Seasoned Corn Salad Greens Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

20 Hamburger on Bun **OR** Toasted Cheese Sandwich with Green Peas Tater Tots Lettuce Cup Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

27 Hamburger on Bun **OR** Galaxy Cheese Pizza with Seasoned Corn Lettuce Cup Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

Wednesday

7 Mozzarella Pizza Sticks Marinara Sauce **OR** Chicken Spaghetti Texas Toast with Green Beans Combination Salad Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

14 Hot Dog on Bun **OR** Toasted Cheese Sandwich with Ranch Beans Tossed Salad Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

21 Chicken Fajita/Tortilla Cornbread **OR** Meatless Taco Pocket with Beans A La Charra Fiesta Salad Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

28 Toasted Cheese Sandwich **OR** Chicken Patty on Bun with French Fries Ranch Beans Lettuce Cup Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

Thursday

1 Vegetarian Hot Pocket **OR** Lasagna Garlic Bread With Seasoned Corn Celery Sticks w/Dip Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

8 Baked Fish Fillet w/Macaroni 'n Cheese **OR** Chicken Nuggets w/Macaroni 'n Cheese **OR** Meatless Pizza Wedge with Steamed Vegetables Fresh Fruit Oatmeal Square **OR** Chef Salad Tray w/Croutons & Crackers

15 PARENT TEACHER CONFERENCE

22 Vegetarian Hot Pocket **OR** Cheeseburger on Bun with Seasoned Vegetables Lettuce Cup Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

29 Vegetarian Hot Pocket **OR** Chicken Nuggets **OR** Oven Roasted Chicken with Mashed Potatoes Crisp Salad Greens Fresh Fruit Oatmeal Square **OR** Chef Salad Tray w/Croutons & Crackers

Friday

2 Chicken Nuggets Multigrain Roll **OR** Mozzarella Pizza Sticks Marinara Sauce with Seasoned Peas Crisp Salad Greens Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers **OR** Vegetarian Hot Pocket

9 Hamburger on Bun **OR** Popcorn Chicken Multigrain Roll with Mashed Potatoes w/Gravy Lettuce Cup Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

16 Cheeseburger on Bun **OR** Vegetarian Hot Pocket with Broccoli Cuts Lettuce Cup Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

23 Meatless Pizza Wedge **OR** Popcorn Chicken Garlic Bread **OR** Italian Spaghetti w/Meat Sauce Garlic Bread with Seasoned Corn Combination Salad Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

30 Cheeseburger on Bun **OR** Mozzarella Pizza Sticks Marinara Sauce with Green Peas Lettuce Cup Fresh Fruit **OR** Chef Salad Tray w/Croutons & Crackers

Frozen Treat

All Meals are served with a Choice of Fruit, Juice and Milk. * Menu subject to change based on availability.

October

FBISD LUNCH MENU SECONDARY



* Students buying lunch in the cafeteria on October 30th will receive a frozen treat!

Student	\$1.55
Reduced Daily	.40
Reduced Weekly	2.00
Adults	1.90

Monday



5 Vegetarian Hot Pocket
OR
Popcorn Chicken w/Gravy
Multigrain Roll with
Mashed Potatoes
Green Peas
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

12 Oven Fried Fish
Multigrain Roll
OR
Meatless Pizza Wedge with
Green Beans
Fresh Carrot Sticks w/Dip
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

19 Popcorn Chicken
Multigrain Roll
OR
Galaxy Pizza
Meat or Cheese with
Broccoli Cuts
Salad Pizzazz
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

26 Chicken Fried Steak
Multigrain Roll
OR
Vegetarian Hot Pocket with
Mashed Potatoes/Gravy
Fresh Vegetable Sticks w/Dip
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

Tuesday



6 Chicken Spaghetti
Homemade Biscuit
OR
Galaxy Cheese Pizza with
Green Beans
Combination Salad
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

13 Hamburger on Bun
OR
Toasted Cheese Sandwich with
Oven Fries
Baked Beans
Lettuce & Trimmings
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

20 Fort Bend Double Meat
Cheeseburger on Bun
OR
Toasted Cheese Sandwich with
Tater Tots
Lettuce & Trimmings
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

27 Classic Pizza Wedge
Meat or Cheese
OR
Popcorn Chicken
Multigrain Roll with
Seasoned Corn
Crisp Salad Greens
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

Wednesday



7 Toasted Cheese Sandwich
OR
Hamburger on Bun with
Tater Tots
Lettuce & Trimmings
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

14 Meatless Pizza Wedge
OR
Chicken Nuggets
Multigrain Roll with
Vegetable Medley
Salad Pizzazz
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

21 Fajitas w/Flour Tortillas
Cornbread
OR
Meatless Taco Pocket with
Seasoned Corn
Lettuce & Tomato
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

28 Hamburger on Bun
OR
Toasted Cheese Sandwich with
Oven Fries
Ranch Beans
Lettuce & Trimmings
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

Thursday

1 Fajitas w/Flour Tortillas
Cornbread
OR
Meatless Taco Pocket with
Broccoli Cuts
Beans A La Charra
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

8 Mozzarella Pizza Sticks
Marinara Sauce
OR
Oven Roasted Chicken
Seasoned Rice with
Steamed Vegetables
Fresh Fruit
Oatmeal Square
OR
Chef Salad Tray w/Croutons & Crackers

15 Hot Ham & Cheese on Bun
OR
Vegetarian Hot Pocket with
Italian Corn
Fresh Vegetable Sticks w/Dip
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

22 Mozzarella Pizza Sticks
Marinara Sauce
OR
Chicken Nuggets
Multigrain Roll with
Mashed Potatoes
Combination Salad
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

29 Oven Roasted Chicken
Seasoned Rice
OR
Meatless Pizza Wedge with
Seasoned Green Beans
Fresh Fruit
Oatmeal Square
OR
Chef Salad Tray w/Croutons & Crackers

Friday

2 Galaxy Pizza
Meat or Cheese
OR
Chicken Nuggets
Multigrain Roll with
Italian Corn
Salad Pizzazz
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

9 Chicken Nuggets
Multigrain Roll
OR
Classic Pizza Wedge
Meat or Cheese with
Seasoned Corn
Garden Salad
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

16 Popcorn Chicken
Multigrain Roll
OR
Mozzarella Pizza Sticks
Marinara Sauce with
Green Peas
Garden Salad
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

23 Hot Grilled Fajita
Chicken/Cheese Sub
OR
Meatless Pizza Wedge with
Tossed Salad
Beans A La Charra
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

30 Chicken Nuggets
Cornbread
OR
Mozzarella Pizza Sticks
Marinara Sauce with
Green Peas
Fiesta Salad
Fresh Fruit
OR
Chef Salad Tray w/Croutons & Crackers

*Frozen Treat

All Meals are served with a Choice of Fruit, Juice and Milk. * Menu subject to change based on availability.