

# FEBRUARY 2017

Breakfast Hours

6:45 a.m. - 7:30 a.m.

#### Student Prices

Daily	\$1.25
Daily (Reduced)	\$0.30
Weekly (Reduced)	\$1.50

#### **Adult Prices**

Daily	\$1.75



#### Menu subject to change based on availability.

Assorted items are available at à la carte prices. Daily entrée offerings will always include at least one vegetarian option to choose from. Students will be offered milk and juice with their breakfast entrée selections. All meals served by Fort Bend ISD are tree nut free, peanut-free, and pork-free. Breakfast Meal Calories: Minimum 400 calories, Maximum 550 calories. For more information, contact the Fort Bend ISD Child Nutrition Office.

Phone: (281) 634-1855 Online: www.fortbendisd.com/childnutrition

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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



- HARVEST OF THE MONTH -

## **FUN FACT**

William Collingwood is credited with growing the world's largest cabbage in 1865. His prized cabbage weighed in at 123 pounds. Fruit & Yogurt Parfait

Cereal & Toast with jelly Yogurt & Toast with jelly

#### served with

Seasonal fruit of the day, apple juice or orange juice, and choice of milk Scrambled Eggs & Pancake

(platter)

Yogurt

& Toast

with jelly

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Cereal & Toast with jelly

#### served with

Seasonal fruit of the day, apple juice or orange juice, and choice of milk Breakfast
Burrito

Cereal You

& Toast with jelly Yogurt & Toast with jelly

#### served with:

Seasonal fruit of the day, apple juice or orange juice, and choice of milk

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Egg & Cheese Biscuit

Cereal & Toast Yogurt & Toast

served with:

Seasonal fruit of the day, apple juice or orange juice, and choice of milk

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Pizza

Cereal Progurt
S Toast S Toast
with jelly with jelly

**Breakfast** 

served with:

Seasonal fruit of the day, apple juice or orange juice, and choice of milk Scrambled Eggs & French Toast Sticks

Cereal & Toast

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Yogurt & Toast

served with:

Seasonal fruit of the day, apple juice or orange juice, and choice of milk

Sausage Donut

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Cereal Yogurt & Cinnamon & Cinnamon Toast Toast

Sandwich

served with:

Seasonal fruit of the day.
apple juice or orange juice,
and choice of milk

Cheesy Egg-Stuffed
Potato Skins

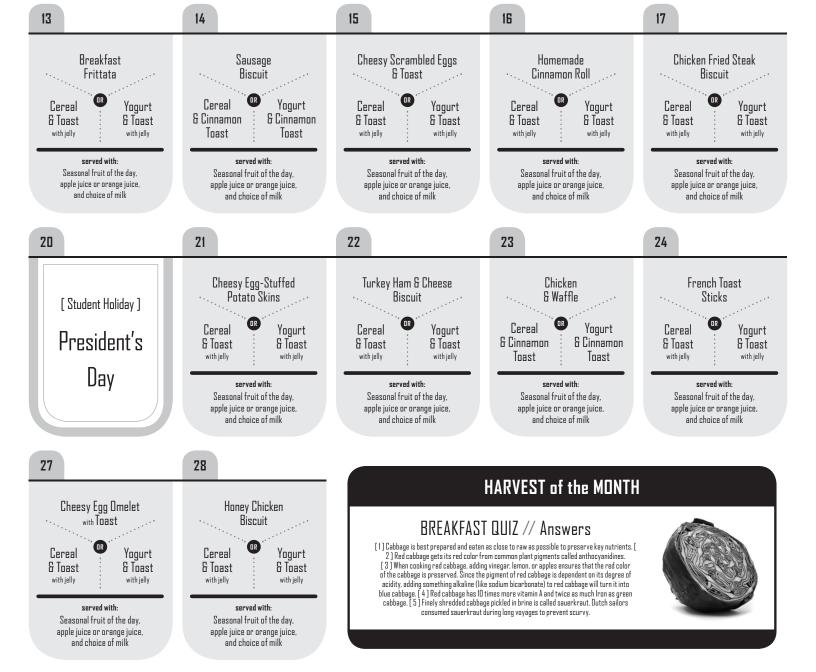
Cereal & Toast with jelly

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Yogurt & Toast with jelly

served with:

Seasonal fruit of the day, apple juice or orange juice, and choice of milk





## HARVEST OF THE MONTH BREAKFAST QUIZ

Wake up and test your knowledge of this month's featured produce by answering the questions below Answers inside.

- What is the best way to cook red cabbage if you hope to preserve its key nutrients?
- Red cabbage gets its color from common plant pigments called "\_\_\_\_\_\_\_."
- What happens if red cabbage isn't cooked with something like vinegar or lemon?
- How much more Vitamin A and Iron does red cabbage have when compared to the nutrients found in green cabbage?
- 5 What name do the Germans have for finely shredded cabbage pickled in brine?

## Raw Curried Cabbage Salad

## Ingredients:

1 head green cabbage, chopped 1/3 cup shredded carrots

2 Tbsp. lemon juice

1/4 cup olive oil

1/4 cup soy sauce

3 Tbsp. sesame seeds

1/3 tsp. turmeric

1/2 tsp. curry

1/2 tsp. cumin

### **Directions:**

In a large bowl, mix all ingredients together. Serve chilled.





Fort Bend Independent School District
Child Nutrition Department

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www.FortBendISD.com