



FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

HIGH SCHOOL

BREAKFAST MENU

FEBRUARY
2017

HARVEST of the MONTH
RED CABBAGE

Provided by
FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

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


**HIGH SCHOOL
BREAKFAST
MENU**

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.fortbendisid.com/childnutrition

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.

1

Fruit & Yogurt Parfait
with granola

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

2

Scrambled Eggs & Pancake
(platter)

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

3

Breakfast Burrito

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

6

Egg & Cheese Biscuit

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

7

Breakfast Pizza

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

8

Scrambled Eggs & French Toast Sticks
(platter)

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

9

Sausage Donut Sandwich

Cereal & Cinnamon Toast

OR

Yogurt & Cinnamon Toast

served with:

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

10

Cheesy Egg-Stuffed Potato Skins

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

13

Breakfast Frittata

Cereal
& Toast
with jelly

OR

Yogurt
& Toast
with jelly

served with:

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

14

Sausage Biscuit

Cereal
& Cinnamon
Toast

OR

Yogurt
& Cinnamon
Toast

served with:

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

15

Cheesy Scrambled Eggs & Toast

Cereal
& Toast
with jelly

OR

Yogurt
& Toast
with jelly

served with:

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

16

Homemade Cinnamon Roll

Cereal
& Toast
with jelly

OR

Yogurt
& Toast
with jelly

served with:

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

17

Chicken Fried Steak Biscuit

Cereal
& Toast
with jelly

OR

Yogurt
& Toast
with jelly

served with:

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

20

[Student Holiday]

President's Day

21

Cheesy Egg-Stuffed Potato Skins

Cereal
& Toast
with jelly

OR

Yogurt
& Toast
with jelly

served with:

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

22

Turkey Ham & Cheese Biscuit

Cereal
& Toast
with jelly

OR

Yogurt
& Toast
with jelly

served with:

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

23

Chicken & Waffle

Cereal
& Cinnamon
Toast

OR

Yogurt
& Cinnamon
Toast

served with:

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

24

French Toast Sticks

Cereal
& Toast
with jelly

OR

Yogurt
& Toast
with jelly

served with:

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

27

Cheesy Egg Omelet with Toast

Cereal
& Toast
with jelly

OR

Yogurt
& Toast
with jelly

served with:

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

28

Honey Chicken Biscuit

Cereal
& Toast
with jelly

OR

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 // Answers

- [1] Cabbage is best prepared and eaten as close to raw as possible to preserve key nutrients. [2] Red cabbage gets its red color from common plant pigments called anthocyanidines. [3] When cooking red cabbage, adding vinegar, lemon, or apples ensures that the red color of the cabbage is preserved. Since the pigment of red cabbage is dependent on its degree of acidity, adding something alkaline (like sodium bicarbonate) to red cabbage will turn it into blue cabbage. [4] Red cabbage has 10 times more vitamin A and twice as much Iron as green cabbage. [5] Finely shredded cabbage pickled in brine is called sauerkraut. Dutch sailors consumed sauerkraut during long voyages to prevent scurvy.





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.

- 1 What is the best way to cook red cabbage if you hope to preserve its key nutrients?
- 2 Red cabbage gets its color from common plant pigments called "_____."
- 3 What happens if red cabbage isn't cooked with something like vinegar or lemon?
- 4 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.

HARVEST of the MONTH // RED CABBAGE

Fort Bend ISD is proud to serve locally-grown red cabbage from Central Texas. Red cabbage is available throughout the year. Always choose red cabbages that are solid and heavy for their size. The leaves should be crisp, compact, and bright in color.

Houston

Uvalde

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Fort Bend Independent School District
Child Nutrition Department

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www.FortBendISD.com

FBISD is an equal opportunity employer.