

**FBISD**  
INSPIRE • EQUIP • IMAGINE  
CHILD NUTRITION

MIDDLE SCHOOL

# LUNCH MENU

FEBRUARY  
2017



HARVEST of the MONTH  
**RED CABBAGE**

Provided by  
**FBISD**  
INSPIRE • EQUIP • IMAGINE  
CHILD NUTRITION

# FEBRUARY 2017

**Lunch Hours**  
10:15 a.m. - 1:00 p.m.

**Student Prices**

Daily.....\$2.50  
Daily (Reduced).....\$0.40  
Weekly (Reduced).....\$2.00

**Adult Prices**

Daily.....\$3.25

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**MIDDLE SCHOOL**  
**LUNCH**  
**MENU**

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

Assorted items are available at à la carte prices. Kindergarten students may either be served a daily lunch entrée of their choosing (complete with assorted side dishes), or request to be served a Chef Salad Entrée instead (available everyday). Lunch entrée offerings will always include at least one vegetarian option to choose from. Students will be offered milk with their lunch selections. All meals served by Fort Bend ISD are tree nut free, peanut-free, and pork-free. Lunch Meal Calories: Minimum 550 calories, Maximum 650 calories. For more information, contact the Fort Bend ISD Child Nutrition Office. **Phone:** (281) 634-1855 **Online:** [www.fortbendisd.com/childnutrition](http://www.fortbendisd.com/childnutrition)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



- EVERYDAY ENTRÉE -  
**CHEF SALAD**

A farm-fresh blend of romaine lettuce, carrots sticks, diced tomatoes, shredded cheese, low-fat ham, turkey and hard-boiled eggs.  
Served with croutons, crackers and dressing.

1

**BBQ Chicken**  
8 whole wheat hot roll

**BBQ Riblet Sandwich**  
with seasoned fries

OR

**Cheese Pizza**

**served with:**

Steamed brown rice, salad pizzazz, stir fry broccoli & carrots, seasonal fruit, and milk

2

**Popcorn Chicken**  
8 whole wheat hot roll

**Corn Dog**

OR

**Grilled Cheese Sandwich**

**served with:**

Crinkle cut fries, burger trimmings, seasonal fruit of the day, and choice of milk

3

**Beef Enchiladas**

**Chicken Fried Steak Sandwich**  
8 seasoned potato wedges

OR

**Cheese Enchiladas**

**served with:**

Steamed carrot wheels, combination salad, seasonal fruit, and choice of milk

6

**Chicken Alfredo**  
with garlic toast

**Cheeseburger or Hamburger**  
8 french fries

OR

**Cheesy Broccoli Mac**  
8 garlic toast

**served with:**

Italian tomato wedges, crisp green salad, seasonal fruit, and choice of milk

7

**Beef Nachos**  
with salsa

**Spicy Chicken Sandwich**  
8 potato wedges

OR

**Vegetarian Nachos**  
with salsa

**served with:**

Refried beans, fiesta salad, seasonal fruit of the day, and choice of milk

8

**Oven-Roasted Chicken with Steamed Rice & Gravy**  
8 whole wheat hot roll

**BBQ Riblet Sandwich**  
with seasoned fries

OR

**Toasted Cheese Sandwich**

**served with:**

Seasoned corn, combination salad, seasonal fruit of the day, and choice of milk

9

**Sloppy Joe**

**Corn Dog**

OR

**Cheese Quesadilla**

**served with:**

Crinkle cut fries, lettuce & tomato cup, seasoned green beans, seasonal fruit, and milk

10

**Chicken Nuggets**  
with dipping sauce  
8 whole wheat hot roll

**Chicken Fried Steak Sandwich**

OR

**Tamale Corn Pie**  
8 whole wheat hot roll

**served with:**

Seasoned potato wedges, carrot sticks, salad pizzazz, seasonal fruit, and choice of milk

13

Chicken Fried Steak  
with Gravy  
8 whole wheat hot roll

Cheeseburger  
or Hamburger  
8 french fries

OR

Mozzarella  
Pizza Stick  
with marinara sauce

served with:

French fries, seasoned green beans,  
burger trimmings, seasonal fruit,  
and choice of milk

14

Chili  
Mac  
with garlic toast

Spicy Chicken  
Sandwich  
8 potato wedges

OR

Tostadas

served with:

Steamed broccoli, combination salad,  
seasonal fruit of the day,  
and choice of milk

15

Popcorn  
Chicken

BBQ Riblet  
Sandwich  
with seasoned fries

OR

Gardenburger

served with:

Seasoned fries, carrot sticks,  
steamed rice, crisp salad green,  
seasonal fruit, and choice of milk

16

Beef  
Enchiladas

Corn  
Dog  
with crinkle cut fries

OR

Cheese  
Quesadilla

served with:

Beans a la charra, garden salad,  
seasonal fruit of the day,  
and choice of milk

17

Early Release Day  
(See cafeteria for details)

Pepperoni  
Pizza

Chicken  
Fried Steak  
Sandwich  
8 seasoned  
potato wedges

OR

Cheese  
Pizza

served with:

Steamed carrot wheels,  
combination salad, seasonal fruit,  
and choice of milk

20

[ Student Holiday ]

President's  
Day

21

Spaghetti  
& Meatballs  
with garlic toast

Spicy Chicken  
Sandwich  
8 potato wedges

OR

Grilled  
Cheese  
Sandwich

served with:

Seasoned green beans, salad pizzazz,  
seasonal fruit of the day,  
and choice of milk

22

Baked  
Chicken

8 whole wheat hot roll

BBQ Riblet  
Sandwich  
with seasoned fries

OR

Bean N  
Cheese  
Burrito  
with salsa

served with:

Steamed brown rice, seasoned corn,  
crisp salad green, seasonal fruit,  
and choice of milk

23

Chicken Nuggets

with dipping sauce  
8 whole wheat hot roll

Corn  
Dog  
with crinkle cut fries

OR

Cheesy  
Broccoli  
Mac  
8 whole wheat hot roll

served with:

Crinkle cut fries, seasoned carrots,  
salad pizzazz, seasonal fruit,  
and choice of milk

24

Sloppy  
Joe

Chicken  
Fried Steak  
Sandwich

OR

Gardenburger

served with:

Seasoned potato wedges,  
garden salad, steamed broccoli cuts,  
seasonal fruit, and choice of milk

27

Pepperoni  
Pizza

Cheeseburger  
or Hamburger  
8 french fries

OR

Cheese  
Pizza

served with:

Italian tomato wedges,  
seasoned green beans, salad pizzazz,  
seasonal fruit, and milk

28

Chicken  
Alfredo  
with garlic toast

Spicy Chicken  
Sandwich  
8 potato wedges

OR

Mozzarella  
Pizza Stick  
with marinara sauce

served with:

Steamed broccoli, crisp salad greens,  
seasonal fruit of the day,  
and choice of milk



- HARVEST OF THE MONTH -  
**FUN FACT**

Some people drink  
juiced cabbage to help  
with stomach problems.

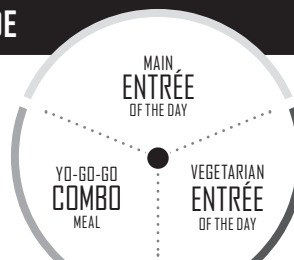
## LUNCH MENU GUIDE

- STEP 1 -

Select an Entrée of the Day  
OR Yo-Go-Go Combo Meal

- STEP 2 -

View side dishes below  
(made available daily  
with every meal choice).



**SIDE DISHES**  
OF THE DAY



## HARVEST of the MONTH WORLD STAR

Although red cabbage's origins are strictly European, it is now internationally grown and traded throughout the world. Many countries and cultures enjoy some form of cabbage prepared in a great number of ways: Sauerkraut and coleslaw from Europe, colcannon from Ireland, stuffed cabbage from Hungary, and kimchi from Korea (just to name a few). Here are a few milestones in the long history of an humble vegetable:

600  
B.C.

Wild cabbage is brought to Europe by groups of Celtic wanderers.

Red Cabbage is introduced to all of Europe by the Romans.

14th  
CENTURY

16th  
CENTURY

The very first description of red cabbage is recorded in England.

Explorers begin eating cabbage on long voyages to prevent scurvy.

17th  
CENTURY

18th  
CENTURY

Red cabbage first appears in aristocratic culinary settings.



## 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

## Cabbage Pineapple Slaw

### Ingredients:

- 1 (8 oz) can pineapple tidbits in juice, undrained
- 3 cups finely shredded cabbage
- 1 1/2 cups medium apple (about 2), chopped
- 1/2 cup celery, chopped
- 1/4 cup light mayonnaise
- Cabbage leaves (optional)
- Apple slices (optional)

### Directions:

Drain pineapple, reserving 3 tablespoons juice. Combine drained pineapple, shredded cabbage, & next 2 ingredients in a large bowl. Combine reserved pineapple juice & mayonnaise; add to cabbage mix, tossing gently. Cover & chill. To serve, spoon mixture into a cabbage leaf-lined bowl, & garnish with apple slices.

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Fort Bend Independent School District  
**Child Nutrition Department**

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Sugar Land, Texas 77478  
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FBISD is an equal opportunity employer.