

FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

ELEMENTARY SCHOOL
**BREAKFAST
MENU**

**MARCH
2017**

HARVEST of the MONTH
CILANTRO

Provided by
FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

MARCH 2017

Breakfast Hours
7:30 a.m. - 8:00 a.m.

Student Prices
Daily.....\$1.25
Daily (Reduced).....\$0.30
Weekly (Reduced).....\$1.50

Adult Prices
Daily.....\$1.75

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ELEMENTARY 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 350 calories, Maximum 500 calories. For more information, contact the Fort Bend ISD Child Nutrition Office.
Phone: (281) 634-1855 **Online:** www.fortbendisd.com/childnutrition

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HARVEST of the MONTH

BREAKFAST QUIZ // Answers

[1] Coriander (also known by its Spanish name, cilantro) is an ingredient that's both an herb and a spice. [2] Coriander seeds come in two varieties, Indian and Moroccan. Indian seeds are golden and slightly larger than Moroccan seeds, which are a darker brown. They can be used interchangeably, as there is no real difference in flavor between them. [3] Cilantro is also known as coriander leaves or Chinese parsley. [4] Although cilantro comes from Southern Europe, North Africa, and Western Asia, it was brought to North America in 1670. [5] Cilantro is rich in Vitamins A and K, which are important for blood and eye health.



Local Harvest Featured Recipe

Try our Southwest Breakfast Nachos for an extra taste of cilantro!

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

Glazed
Donut

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

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

6

Red, White, & Blue
"Fun"nel Cake

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
Quesadilla

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

Texas Breakfast
Two-Step
(chicken & donut holes)

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

Biscuits
& Gravy
with Sausage

Cereal
& Cinnamon
Toast

OR

Yogurt
& Cinnamon
Toast

served with:

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

10



Local Harvest
Featured Recipe

Southwest Breakfast
Nachos

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

[District Holiday]

Spring
Break

14

[District Holiday]

Spring
Break

15

[District Holiday]

Spring
Break

16

[District Holiday]

Spring
Break

17

[District Holiday]

Spring
Break

20

Cheesy Scrambled Eggs
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

21

Honey Chicken
Biscuit

Cereal & Cinnamon
Toast

OR

Yogurt & Cinnamon
Toast

served with:

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

22

Pancakes
with Syrup

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

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

24

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

27

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

28

Sausage
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

29

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

30

Breakfast
Burrito

Cereal & Cinnamon
Toast

OR

Yogurt & Cinnamon
Toast

served with:

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

31

Honey
Bun

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

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

- 1 Coriander (also known by its Spanish name, cilantro) is an ingredient that's both an herb and a "_____."
- 2 What is the difference between Indian and Moroccan coriander seeds?
- 3 Cilantro is also known as Chinese "_____."
- 4 In what year did the English bring cilantro to the North American colonies?
- 5 Cilantro is rich in Vitamin "_____" and Vitamin "_____" which are important for blood and eye health.

Guacamole

Ingredients:

- 1/2 cup red or white onion, finely chopped
- 1 jalapeno, finely chopped (optional)
- 1/4 cup fresh cilantro, chopped
- Salt and pepper for taste
- 2 ripe avocados, mashed
- 1 small to medium tomato, diced
- 1/2 tsp. cayenne
- 2 Tbsp. fresh lime or lemon juice

Directions:

In a large bowl, combine the onion, jalapeno, cilantro, 3/4 teaspoon salt, 1/2 teaspoon pepper, tomato, and cayenne. Using the back of a fork, mash the vegetables until they begin to release their juices. Add mashed avocados and juice. Stir to combine. Keep refrigerated until ready to serve.

HARVEST of the MONTH // CILANTRO

Wofforth

Houston

Fort Bend ISD is proud to serve locally-grown cilantro from Panhandle Texas. Cilantro is available throughout the year. While buying, look for vibrant green color leaves with firm stems. Its leaves should be free from any kind of spoilage or yellow discoloration.

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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.