

**FBISD**  
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CHILD NUTRITION

HIGH SCHOOL

# BREAKFAST MENU

MARCH  
2017

HARVEST of the MONTH

**CILANTRO**

Provided by

**FBISD**  
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CHILD NUTRITION

# MARCH 2017

**Breakfast Hours**  
6:50 a.m. - 7:20 a.m.

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

**Adult Prices**  
Daily.....\$1.75

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# 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 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 // CILANTRO

### Did you know?

- Cilantro is also known as coriander or Chinese parsley.
- It comes from southern Europe, North Africa, and parts of Asia.
- Cilantro was brought to North America by the English in 1670.
  - The whole plant is edible.
- Cilantro is packed with nutrients! Cilantro is full of antioxidants, vitamins, minerals, and dietary fiber

1

Fruit & Yogurt Parfait  
with granola

Cereal & Toast  
with jelly

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

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

Yogurt & Toast  
with jelly

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

6

Red, White, & Blue Funnel Cake

Cereal & Toast  
with jelly

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

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

Yogurt & Toast  
with jelly

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

9

Biscuit & Gravy  
with sausage

Cereal & Cinnamon Toast

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

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

Breakfast Frittata

Cereal & Toast  
with jelly

Yogurt & Toast  
with jelly

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

21

Sausage Biscuit

Cereal & Cinnamon Toast

Yogurt & Cinnamon Toast

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

22

Cheesy Scrambled Eggs  
with Toast

Cereal & Toast  
with jelly

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

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

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

Yogurt & Toast  
with jelly

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

28

Cheesy Egg Stuffed Potato Skins

Cereal & Toast  
with jelly

Yogurt & Toast  
with jelly

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

29

Turkey Ham & Cheese Biscuit

Cereal & Toast  
with jelly

Yogurt & Toast  
with jelly

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

30

Chicken & Waffle

Cereal & Cinnamon Toast

Yogurt & Cinnamon Toast

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

31

French Toast Sticks

Cereal & Toast  
with jelly

Yogurt & Toast  
with jelly

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

NATIONAL SCHOOL BREAKFAST WEEK

NATIONAL SCHOOL BREAKFAST WEEK



## 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](http://www.FortBendISD.com)

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