



Breakfast Hours

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

Student Prices

Daily..... Daily (Reduced)..... Weekly (Reduced).... ..\$1.50

Adult Prices



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 oreacrast entree selections. All means served by rort bend 150 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

WEDNESDAY MONDAY THURSDAY **FRIDAY** TUESDAY

HARVEST of the MONTH // CILANTRO

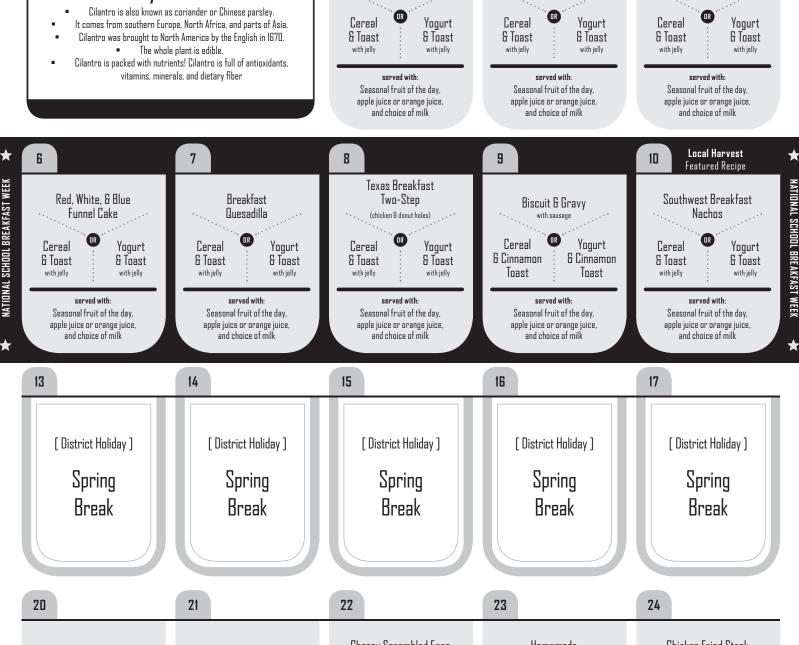
Did you know?

Fruit & Yogurt Parfait

Scrambled Eggs & Pancake

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· . . Breakfast Burrito . . .



· . . Breakfast Frittata . . ·

Cereal Yogurt & Toast & Toast

served with:

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

Cereal & Cinnamon Tnast

Yogurt & Cinnamon Tnast

served with:

· . . Sausage Biscuit . . .

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

Cheesy Scrambled Eggs

with Toast

Cereal Yogurt & Toast & Toast

served with:

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

Homemade Cinnamon Roll

Cereal & Toast

Yogurt & Toast

served with:

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

Chicken Fried Steak 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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Scrambled Eggs & Pancake

Cereal & Toast

Yogurt & Toast

Seasonal fruit of the day. apple juice or orange juice and choice of milk Cheesy Egg Stuffed Potato Skins

Cereal & Toast

Yogurt & Toast

Seasonal fruit of the day. apple juice or orange juice, and choice of milk Turkey Ham & Cheese Biscuit

Cereal & Toast

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Yogurt & Toast

Seasonal fruit of the day, apple juice or orange juice, and choice of milk · . . Chicken & Waffle

Cereal & Cinnamon Tnast

Yogurt & Cinnamon Tnast

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

Cereal & Toast Yogurt & Toast

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



BREAKFAST QUIZ

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

Answers inside.

- Coriander (also known by its Spanish name, cilantro) is an ingredient that's both an herb and a " ."
- What is the difference between Indian and Moroccan coriander seeds?
- Cilantro is also known as Chinese " _____."
- 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



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.



Fort Bend Independent School District
Child Nutrition Department

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www.FortBendISD.com

FBISD is an equal opportunity employer.