



FBISD  
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CHILD NUTRITION

MIDDLE SCHOOL  
**LUNCH  
MENU**

MARCH  
2017

HARVEST of the MONTH  
**CILANTRO**

Provided by  
FBISD  
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CHILD NUTRITION

# MARCH 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

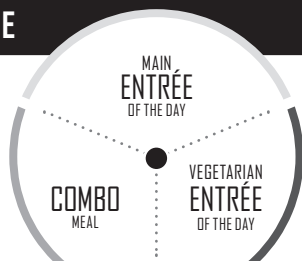
THURSDAY

FRIDAY

## LUNCH MENU GUIDE

**- STEP 1 -**  
Select an Entrée of the Day  
**OR** Combo Meal

**- STEP 2 -**  
View side dishes below  
(made available daily  
with every meal choice).



**SIDE DISHES**  
OF THE DAY

1

**BBQ Chicken**  
6 whole wheat hot roll

**BBQ Riblet Sandwich** **OR** **Bean & Cheese Burrito**  
6 seasoned fries with salsa

**served with:**  
Seasoned brown rice, carrot wheels,  
garden salad, seasonal fruit, and  
choice of milk

2

**Beef Enchiladas**

**Corn Dog** **OR** **Cheese Enchiladas**  
6 crinkle cut fries

**served with:**  
Beans a la charra, fiesta salad,  
seasonal fruit, and choice of milk

3

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

**Chicken Fried Steak Sandwich** **OR** **Tostadas**

**served with:**  
Seasoned potato wedges, combination  
salad, seasonal fruit, and choice  
of milk

6

**Popcorn Chicken**  
6 whole wheat hot roll

**Hamburger or Cheeseburger** **OR** **Bean & Cheese Burrito**  
with salsa

**served with:**  
French fries, carrot sticks, burger  
trimmings, seasonal fruit, and choice  
of milk

7

**Chicken Fried Steak**  
with gravy and  
whole wheat hot roll

**Spicy Chicken Sandwich** **OR** **Cheese Pizza**  
6 potato wedges

**served with:**  
Mashed potatoes, lettuce & tomato  
cup, seasonal fruit, and choice of milk

8

**Baked Chicken**  
6 whole wheat hot roll

**BBQ Riblet Sandwich** **OR** **Gardenburger**  
6 seasoned fries

**served with:**  
Brown rice, steamed broccoli, garden  
salad, seasonal fruit, and choice  
of milk

9

**Beef Nachos**

**Corn Dog** **OR** **Vegetarian Nachos**  
6 crinkle cut fries

**served with:**  
Salsa, Spanish rice, refried beans,  
steamed carrots, fiesta salad,  
seasonal fruit, and choice of milk

10

**Chili Mac**

**Chicken Fried Steak Sandwich** **OR** **Toasted Cheese Sandwich**  
with potato wedges

**served with:**  
Seasoned green beans, salad pizzazz,  
seasonal fruit, 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

Fajita Taco

Hamburger or  
Cheeseburger  
& french fries

OR

Tamale Corn  
Pie

served with:

Beans a la charra, crisp salad greens,  
seasonal fruit, and choice of milk

21

Spaghetti & Meatballs  
with garlic toastSpicy Chicken  
Sandwich  
& potato wedges

OR

Mozzarella  
Pizza Stick  
with marinara sauce

served with:

Seasoned green beans, garden salad,  
seasonal fruit, and choice of milk

22

**Free Rips Day**  
(with any lunch purchased)BBQ Chicken  
& whole wheat hot rollBBQ Riblet  
Sandwich  
& seasoned fries

OR

Cheese Pizza

served with:

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

23

Popcorn Chicken  
& whole wheat hot roll

Corn Dog

OR

Toasted  
Cheese  
Sandwich

served with:

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

24

Beef  
EnchiladasChicken  
Fried Steak  
Sandwich  
with potato wedges

OR

Cheese  
Enchiladas

served with:

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

27

Chicken Alfredo

Hamburger or  
Cheeseburger  
& french fries

OR

Cheesy  
Broccoli Mac

served with:

Garlic toast, Italian tomato wedges,  
garden salad, seasonal fruit, and  
choice of milk

28

Beef Nachos

Spicy Chicken  
Sandwich  
& potato wedges

OR

Vegetarian  
Nachos

served with:

Salsa, refried beans, fiesta salad,  
seasonal fruit, and choice of milk

29

Oven Roasted Chicken  
with steamed rice, gravy, &  
whole wheat hot rollBBQ Riblet  
Sandwich  
& seasoned fries

OR

Toasted  
Cheese  
Sandwich

served with:

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

30

Sloppy Joe

Corn Dog

OR

Cheese  
Quesadilla

served with:

Seasoned green beans, crinkle cut  
fries, lettuce & tomato cup, seasonal  
fruit, and choice of milk

31

Chicken Nuggets  
with dipping sauceChicken  
Fried Steak  
Sandwich

OR

Tamale Corn  
Pie

served with:

Whole wheat hot roll, seasoned potato  
wedges, carrot sticks, salad pizzazz,  
seasonal fruit, and choice of milk

Visit the cafeteria on  
**Local Harvest Day**  
March 8th  
and receive a free sample  
of locally-grown  
cilantro!



## HARVEST of the MONTH GOOD TASTE

Cilantro is one of those herbs that people either love or can't stand. Here's what to expect when shopping for coriander (cilantro) herbs and/or seeds...

As an **herb**, cilantro is often experienced as fresh, clean, bright and soapy.



The **seeds** have a different profile: Highly aromatic, warm and nutty, with a hint of citrus.

## Cilantro Chicken

### Ingredients:

- 4 boneless, skinless chicken breast halves
- 1/4 cup lime juice
- 1/2 cup fresh cilantro, chopped
- 6 garlic cloves, chopped
- 1 Tbsp. honey
- 1 Tbsp. olive oil
- 1/2 tsp. salt
- 1/4 tsp. pepper

### Directions:

Pound chicken breasts to an even thickness (about 1/2 in) and place in shallow baking pan. In a small bowl, mix lime juice, cilantro, garlic, honey, olive oil, salt & pepper. Pour over chicken and turn pieces to coat evenly. Cover and chill at least 30 minutes or overnight. Lay chicken on a grill over medium heat and cook, turning once, until no longer pink in the center, 4-6 minutes per side.

## HARVEST of the MONTH // CILANTRO

Wolfforth

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)