

# APRIL **2017**

and choice of milk

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

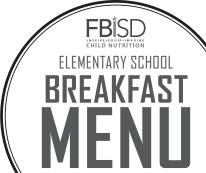
#### Student Prices

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

### **Adult Prices**

Daily......\$1.7

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### Menu subject to change based on availability.

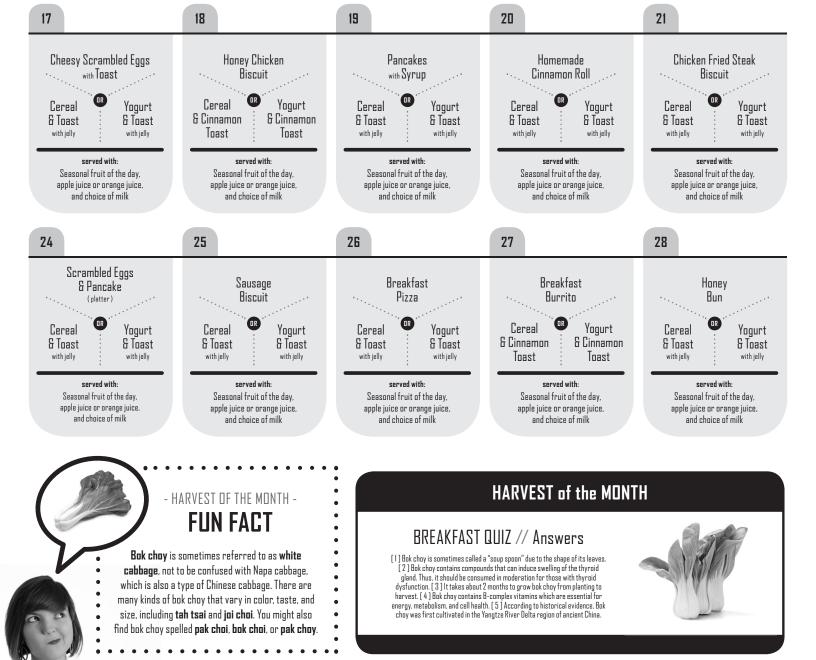
Assorted items are available at à la carte prices. Daily entrée offerings will always include at least one vegetarian option to choose from. Students will be offered milk and juice with their breakfast entrée selections. All meals served by Fort Bend ISD are tree nut free, peanut-free, and pork-free. 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 THESDAY WEDNESDAY THURSDAY FRIDAY 7 3 4 5 6 Fruit & Yogurt Parfait Cheesy Egg Omelet French Toast Glazed Egg & Cheese Sticks Donut Biscuit with Toast Cereal Yogurt Cereal Cereal Cereal Yogurt Cereal Yogurt Yogurt Yogurt & Toast & Toast & Cinnamon & Cinnamon & Toast & Toast & Toast & Toast & Toast & Toast with jelly with jelly Tnast Tnast with jelly with ielly with jelly with ielly with jelly with ielly served with served withserved with: served with served with: Seasonal fruit of the day. apple juice or orange juice, and choice of milk 12 10 13 14 11 Scrambled Eggs Sausage Donut Egg & Cheese Honey & French Toast Sticks Sandwich Run ( platter ) District Cereal Youurt Cereal Yogurt Cereal Yogurt Cereal Yogurt & Cinnamon & Cinnamon & Tnast & Toast & Toast & Toast & Toast & Toast Tnast Holiday Tnast with jelly with jelly with jelly with jelly with jelly with jelly served with: served with: served with: served with: Seasonal fruit of the day, apple juice or orange juice, apple juice or orange juice. apple juice or orange juice. apple juice or orange juice.

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## BREAKFAST QUIZ

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

Answers inside.

- 1 Bok choy is sometimes called "\_\_\_\_\_"
  due to the shape of its leaves.
- 2 Bok choy contains compounds that can lead to the swelling of which hormonal gland?
- 3 How long does it take to grow bok choy?
- Bok choy contains " \_\_\_\_\_\_ " vitamins which are essential for energy, metabolism, and cellular health.
- According to historical finds, in which region of ancient China was bok choy first cultivated?

### Simple Bok Choy Sautee

### Ingredients:

1 bunch of bok chay, chopped 1 onion, diced 2 cloves garlic, chopped 4 tbsp. oyster sauce 1 tsp. sesame seeds

### Directions:

Stir fry onion and garlic in a pan.
Mix in bok choy. Drizzle about 4
tbsp oyster sauce on vegetables
and stir until leaves are tender.
Sprinkle with sesame seeds.

### HARVEST of the MONTH // BOK CHOY





Fort Bend ISD is proud to serve locally-grown bok choy from Central and North Texas. Bok choy is available throughout the year. Choose bok choy that have firm stalks and dark green, crispy, flavorful leaves. Avoid slump plants with wilted and no color in leaves.



Fort Bend Independent School District
Child Nutrition Department

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www.FortBendISD.com

FBISD is an equal opportunity employer.