



ELEMENTARY SCHOOL

LUNCH MENU

APRIL
2017

HARVEST of the MONTH
BOK CHOY

Provided by
FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

APRIL 2017

Lunch Hours
10:15 a.m. - 1:00 p.m.

Student Prices

Daily.....\$2.25
Daily (Reduced).....\$0.40
Weekly (Reduced).....\$2.00

Adult Prices

Daily.....\$3.25

FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

ELEMENTARY 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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Crunchy Tacos

Chicken Nuggets
6 whole wheat hot roll

OR

Cheese Quesadilla

served with:

Sweet potato fries, salad pizzazz, Spanish rice, seasonal fruit, and choice of milk

4

Pizza Tuesdays
(Every Tuesday)

Pepperoni Pizza

Cheeseburger or Hamburger

OR

Cheese Pizza

served with:

Vegetarian beans, burger trimmings, seasonal fruit of the day, and choice of milk

5

Orange Chicken

6 whole wheat hot roll

Popcorn Chicken
6 whole wheat hot roll

OR

Bean N Cheese Burrito

served with:

Asian noodles, seasoned corn, celery sticks with ranch dressing, seasonal fruit, and milk

6

Breakfast for Lunch Day
(Every Thursday)

Sausage Egg Biscuit

Hot Dog

OR

Egg & Cheese Biscuit

served with:

Potato wedges, steamed broccoli, fiesta salad, seasonal fruit, and choice of milk

7

Hot Turkey & Cheese Sandwich

Steak Fingers & Gravy
with buttered toast

OR

Vegetarian Nachos
with salsa

served with:

Carrot coins, burger trimmings, fries or mashed potatoes, seasonal fruit, and milk

10

Fish Sticks
with tartar sauce

Chicken Nuggets

OR

Mac N Trees

served with:

Sweet potato fries, lettuce & tomato salad, whole wheat hot roll, seasonal fruit, and milk

11

Pizza Tuesdays
(Every Tuesday)

Pepperoni Pizza

Cheeseburger or Hamburger

OR

Cheese Pizza

served with:

BBQ beans, burger trimmings, seasonal fruit of the day, and choice of milk

12

Local Harvest Day
(See cafeteria for details)

Hot Turkey & Cheese Sandwich

Popcorn Chicken
6 whole wheat hot roll

OR

Tamale Corn Pie
6 whole wheat hot roll

served with:

Seasoned green beans, fiesta salad, celery & carrots with ranch dressing, seasonal fruit, and milk

13

Breakfast for Lunch Day
(Every Thursday)

French Toast Sticks
with Chicken Patty & Scrambled Eggs

Hot Dog

OR

French Toast Sticks, Scrambled Eggs & Cheese

served with:

Potato wedges, steamed broccoli, seasonal fruit of the day, and choice of milk

14

[Holiday]

Good Friday

17

Free Rips Day
 (with any lunch purchased)

**Chicken
Corndog**
**Chicken
Nuggets**

 6 whole wheat
hot roll

OR

**Toasted
Cheese
Sandwich**

served with:

 Sweet potato fries, crisp salad
greens, seasonal fruit of the day,
and choice of milk

18

Pizza Tuesdays
 (Every Tuesday)

**Pepperoni
Pizza**
**Cheeseburger
or Hamburger**
**Cheese
Pizza**

served with:

 Baked beans, burger trimmings,
seasonal fruit of the day,
and choice of milk

19


Local Harvest
 Featured Recipe*

Asian BBQ Chicken
 6 whole wheat hot roll

**Popcorn
Chicken**

 6 whole wheat
hot roll

OR

Tostadas

served with:

 Celery sticks with ranch dressing,
seasoned rice, sauteed bok choy*,
seasonal fruit of the day & milk

20

Breakfast for Lunch Day
 (Every Thursday)

**Sausage Egg
Biscuit**
**Hot
Dog**

OR

**Egg & Cheese
Biscuit**

served with:

 Potato wedges, steamed broccoli,
seasonal fruit of the day,
and choice of milk

21

**Spaghetti
& Meatballs**
**Steak
Fingers
& Gravy**

with mashed potatoes

OR

**Mozzarella
Pizza Stick**

with marinara sauce

served with:

 Buttered toast, carrot coins,
salad pizzazz, seasonal fruit,
and choice of milk

24

**Crunchy
Tacos**
**Chicken
Nuggets**

 6 whole wheat
hot roll

OR

**Bean N
Cheese
Burrito**

served with:

 Sweet potato fries, Spanish rice,
lettuce & tomato salad,
seasonal fruit of the day & milk

25

Pizza Tuesdays
 (Every Tuesday)

**Pepperoni
Pizza**
**Cheeseburger
or Hamburger**
**Cheese
Pizza**

served with:

 Beans a la charra, burger trimmings,
seasonal fruit of the day,
and choice of milk

26

**Hot Turkey & Cheese
Sandwich**
**Popcorn
Chicken**

 6 whole wheat
hot roll

OR

**Tamale
Corn Pie**

 6 whole wheat
hot roll

served with:

 Seasoned green beans,
celery & carrots with ranch dressing,
seasonal fruit, and milk

27

Breakfast for Lunch Day
 (Every Thursday)

**Chicken Patty
& Pancakes**

with syrup

**Hot
Dog**

OR

**Scrambled
Eggs
& Pancakes**

with syrup

served with:

 Potato wedges, steamed broccoli,
seasonal fruit of the day,
and choice of milk

28

**Fish
Sticks**

with tartar sauce

**Steak
Fingers
& Gravy**

OR

**Cheese
Quesadilla**

served with:

 Buttered toast, carrot coins,
fries or mashed potatoes,
seasonal fruit, and milk


- EVERYDAY ENTRÉE -

CHEF SALAD

 A farm-fresh blend of romaine lettuce, carrots sticks, diced tomatoes,
shredded cheese, low-fat ham, turkey and hard-boiled eggs.

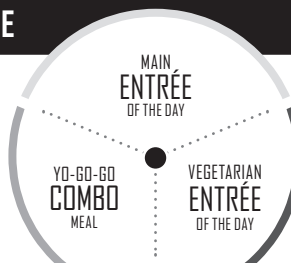
Served with croutons, crackers and dressing.

LUNCH MENU GUIDE
- STEP 1 -

 Select an Entrée of the Day
OR Yo-Go-Go Combo Meal
- STEP 2 -

 View side dishes below
 (made available daily
 with every meal choice).

Rips Day!

 Buy lunch on April 17 and get
 a free Rips Slush!

SIDE DISHES
 OF THE DAY

 - HARVEST OF THE MONTH -
FUN FACT

 Bok choy has a sweet,
 mustard-like, mild flavor
 and crunchy texture.

Visit the cafeteria on
Local Harvest Day
April 12th
and receive a free sample
of locally-grown
bok choy!



HARVEST of the MONTH HEALTH WISE

Bok Choy is a highly versatile vegetable that can be eaten both raw and cooked. One cup contains about 20 calories, but its high levels of dietary fiber will fill you up, making it an excellent food for weight loss.



Chicken + Bok Choy Stir Fry

Ingredients:

- 1 tbsp. canola oil
- 2 lbs boneless, skinless chicken breasts
cut into 1-inch pieces
- kosher salt and black pepper
- 4 heads baby bok choy, quartered lengthwise
- 1/4 cup low-sodium soy sauce
- 1/4 cup store-bought barbecue sauce
- 4 green onions, thinly sliced

Directions:

Cook the rice according to the package directions. Meanwhile, heat the oil in a large skillet over medium-high heat. Season the chicken with 1/4 teaspoon each salt and pepper. Cook the chicken, tossing occasionally, until browned and cooked through, 4 to 6 minutes. Transfer to a plate. Add the bok choy and 1/4 cup water to the skillet. Cover and cook until the bok choy is just tender, 3 to 4 minutes. In a small bowl, combine the soy sauce, barbecue sauce, and scallions. Add to the skillet and bring to a boil. Return the chicken to the skillet and cook, tossing, just until heated through, 1 to 2 minutes. Serve with the rice.

HARVEST of the MONTH // BOK CHOY

Celina

Cameron
Houston

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.

FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

Fort Bend Independent School District
Child Nutrition Department

555 Julie Rivers Dr.
Sugar Land, Texas 77478
(281) 634-1855
www.FortBendISD.com

FBISD is an equal opportunity employer.