

FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

HIGH SCHOOL

BREAKFAST MENU

APRIL
2017



HARVEST of the MONTH
BOK CHOY


Provided by
FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

APRIL 2017

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.....\$1.75


**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.fortbendisid.com/childnutrition

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

**Cheesy Egg Omelet
with Toast**

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

4

**Honey Chicken
Biscuit**

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

5

**Fruit & Yogurt Parfait
with Granola**

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

6

**Scrambled Eggs
& Pancake
(platter)**

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

7

**Breakfast
Burrito**

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

10

**Egg & Cheese
Biscuit**

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

11

**Breakfast
Pizza**

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

12

**Scrambled Eggs
& French Toast Sticks
(platter)**

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

13

Sausage Donut

Cereal & Cinnamon
Toast

OR

Yogurt & Cinnamon
Toast

served with:

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

14

**District
Holiday**

17

Breakfast Frittata

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

18

Sausage Biscuit

Cereal & Cinnamon
Toast

OR

Yogurt & Cinnamon
Toast

served with:

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

19

Cheesy Scrambled Eggs with Toast

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

20

Homemade Cinnamon Roll

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

21

Chicken Fried Steak Biscuit

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

24

Scrambled Eggs & Pancake (platter)

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

25

Cheesy Egg Stuffed Potato Skins

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

26

Turkey Ham & Cheese Biscuit

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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

27

Chicken & Waffle

Cereal & Cinnamon
Toast

OR

Yogurt & Cinnamon
Toast

served with:

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

28

French Toast Sticks

Cereal & Toast
with jelly

OR

Yogurt & Toast
with jelly

served with:

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



- HARVEST OF THE MONTH - FUN FACT

Bok choy is sometimes referred to as **white cabbage**, not to be confused with Napa cabbage, which is also a type of Chinese cabbage. There are many kinds of bok choy that vary in color, taste, and size, including **tah tsai** and **joi choy**. You might also find bok choy spelled **pak choy**, **bok choi**, or **pak choy**.

HARVEST of the MONTH

DID YOU KNOW?

BREAKFAST QUIZ // Answers

- [1] Bok choy is sometimes called a "soup spoon" due to the shape of its leaves. [2] Bok choy contains compounds that can induce swelling of the thyroid gland. Thus, it should be consumed in moderation for those with thyroid dysfunction. [3] It takes about 2 months to grow bok choy from planting to harvest. [4] Bok choy contains B-complex vitamins which are essential for energy, metabolism, and cell health. [5] According to historical evidence, Bok choy was first cultivated in the Yangtze River Delta region of ancient China.





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 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?
- 4 Bok choy contains " _____ " vitamins which are essential for energy, metabolism, and cellular health.
- 5 According to historical finds, in which region of ancient China was bok choy first cultivated?

Simple Bok Choy Sautee

Ingredients:

- 1 bunch of bok choy, 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

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.

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Fort Bend Independent School District
Child Nutrition Department

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www.FortBendISD.com

FBISD is an equal opportunity employer.