



FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

MIDDLE 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.....\$2.50
Daily (Reduced).....\$0.40
Weekly (Reduced).....\$2.00

Adult Prices

Daily.....\$3.25


**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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Chicken Fried Steak

with gravy
& whole wheat hot roll

Hamburger **OR** Cheeseburger

Mozzarella
Pizza Stick
& marinara sauce

served with:

French fries, seasoned green beans, burger trimmings, seasonal fruit, and choice of milk

4

Chili Mac

& garlic toast

Spicy Chicken
Sandwich

& potato wedges

OR

Tostadas

served with:

Steamed broccoli, combination salad, seasonal fruit, and choice of milk

5

**Popcorn
Chicken**

BBQ Riblet
Sandwich

Gardenburger

OR

served with:

Seasoned fries, carrot sticks, crisp salad greens, steamed rice, seasonal fruit, and milk

6

**Beef
Enchiladas**

Corn Dog
& crinkle cut fries

Cheese
Enchiladas

OR

served with:

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

7

**Pepperoni
Pizza**

Chicken
Fried Steak
Sandwich
& potato wedges

Cheese
Pizza

OR

served with:

Steamed carrots, salad pizzazz, seasonal fruit, and choice of milk

10

**Fajita
Taco**

Hamburger **OR** Cheeseburger
& french fries

Cheese
Quesadilla

served with:

Refried beans, carrot sticks & ranch dressing, lettuce & tomato cup, seasonal fruit, and choice of milk

11

**Spaghetti
& Meatballs**

with garlic toast

Spicy Chicken
Sandwich
& potato wedges

OR

Grilled
Cheese
Sandwich

served with:

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

12

Baked Chicken

& whole wheat hot roll

BBQ Riblet
Sandwich
& seasoned fries

OR

Bean & Cheese
Burrito
with salsa

served with:

Seasoned corn, crisp salad greens, steamed brown rice, seasonal fruit, and choice of milk

13

Chicken Nuggets

with dipping sauce

Corn Dog

OR

Cheesy
Broccoli Mac

served with:

Whole wheat roll, crinkle cut fries, seasoned carrots, salad pizzazz, seasonal fruit, and choice of milk

14

[Holiday]

**Good
Friday**

17

Pepperoni
PizzaHamburger **OR**
Cheeseburger
8 french friesCheese
Pizza

served with:

Italian tomato wedges, seasoned
green beans, salad pizzazz, seasonal
fruit, and choice of milk

18

Chicken Alfredo
with garlic toastSpicy Chicken **OR**
Sandwich
8 potato wedgesMozzarella
Pizza Sticks
8 marinara sauce

served with:

Steamed broccoli, crisp salad greens,
seasonal fruit, and choice of milk

19

Free Rips Day
(with any lunch purchased)BBQ Chicken
8 whole wheat hot rollBBQ Riblet
Sandwich
8 seasoned friesBean & Cheese
Burrito
with salsa

served with:

Seasoned brown rice, carrot wheels,
garden salad, seasonal fruit, and
choice of milk

20

Beef
EnchiladasCorn Dog
8 crinkle cut friesCheese
Enchiladas

served with:

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

21

Chicken Nuggets
with dipping sauce
8 whole wheat hot rollChicken
Fried Steak
Sandwich
8 potato wedges

Tostadas

served with:

Seasoned potato wedges, combination
salad with dressing, seasonal fruit,
and choice of milk

24

Popcorn Chicken
8 whole wheat hot rollHamburger **OR**
CheeseburgerBean & Cheese
Burrito
with salsa

served with:

French fries, carrot sticks, burger
trimmings, seasonal fruit, and choice
of milk

25

Chicken Fried Steak
with gravy
8 whole wheat hot rollSpicy Chicken **OR**
Sandwich
8 potato wedgesCheese
Pizza

served with:

Mashed potatoes, lettuce & tomato
cup, seasonal fruit, and choice of milk

26

Baked Chicken
8 whole wheat hot rollBBQ Riblet
Sandwich
8 seasoned fries

Gardenburger

served with:

Brown rice, steamed broccoli, garden
salad, seasonal fruit, and choice
of milk

27

Beef
NachosCorn Dog
8 crinkle cut friesVegetarian
Nacho

served with:

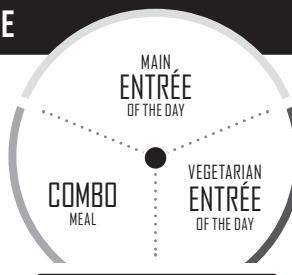
Salsa, Spanish rice, refried beans,
steamed carrots, fiesta salad,
seasonal fruit, and choice of milk

28

Chili Mac

Chicken Fried
Steak Sandwich
8 potato wedgesToasted
Cheese
Sandwich

served with:

Seasoned green beans, salad pizzazz,
seasonal fruit, and choice of milk- EVERYDAY ENTRÉE -
CHEF SALADA 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 Combo Meal**- STEP 2 -**View side dishes below
(made available daily
with every meal choice).**Rips Day!**Buy lunch on April 19 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.