



ELEMENTARY SCHOOL
**BREAKFAST
MENU**

MAY/JUNE
2017



HARVEST of the MONTH

HONEYDEW MELON



MAY/JUNE
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

FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION
ELEMENTARY 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.fortbendisd.com/childnutrition

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

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

2

**French Toast
Sticks**

Cereal
& Cinnamon
Toast

OR

Yogurt
& Cinnamon
Toast

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

3

**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

4

**Glazed
Donut**

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

**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

8

**Honey
Bun**

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

9

**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

10

**Sausage Donut
Sandwich**

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

**Egg & Cheese
Biscuit**

Cereal
& Cinnamon
Toast

OR

Yogurt
& Cinnamon
Toast

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

12

**Pancake & Sausage
on a Stick**

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

15

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

16

**Honey Chicken
Biscuit**

Cereal
& Cinnamon
Toast

OR

Yogurt
& Cinnamon
Toast

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

17

Pancakes
with Syrup

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

**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

19

**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

22

**Manager's
Choice**

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

23

**Manager's
Choice**

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

**Manager's
Choice**

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

**Manager's
Choice**

Cereal
& Cinnamon
Toast

OR

Yogurt
& Cinnamon
Toast

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

26

**Manager's
Choice**

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

29

[National Holiday]
**Memorial
Day**

30

**Manager's
Choice**

Cereal
& Cinnamon
Toast

OR

Yogurt
& Cinnamon
Toast

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

31

**Manager's
Choice**

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

1

**Manager's
Choice**

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

2

**Teacher
Work
Day**



HARVEST of the MONTH BREAKFAST TRIVIA

Wake up and enjoy a few bite-sized fun facts about this month's featured produce below. Have a great summer!

- 1 Christopher Columbus brought over the first honeydew melon seeds to North America on his second expedition.
- 2 Cavaillon (a town in Provence, France) considers itself the world capital of melons.
- 3 Although the flesh of the honeydew melon is typically green, there is a specific type that has orange flesh and is nicknamed the "temptation melon."
- 4 In China, honeydew is called the Bailan or Wallace melon due to a visit by former U.S. Vice President Henry Wallace in the 1940s.

Honeydew Skewers

Ingredients:

1 honeydew melon
(peeled, seeded, and cubed)
9 oz turkey slices
Fresh mint
1/4 cup lime juice

Directions:

Place melons in a bowl and coat with lime juice. Wrap turkey slices around melons and secure by placing a skewer through the melon. Repeat two or three times, topping 1 full skewer with fresh mint.

HARVEST of the MONTH // HONEYDEW MELON

Fort Bend ISD is proud to serve locally-grown honeydew melons from South Texas. Honeydews are available during a 3 month season (Sept-Dec). Choose honeydews with waxy and firm rinds. Any fuzz means that it is no longer ripe. The melon should feel heavy for its size.

Houston

McAllen

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.