



FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

HIGH SCHOOL

BREAKFAST MENU

MARCH
2017

HARVEST of the MONTH
CILANTRO

Provided by
FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

MARCH
2017

Breakfast Hours
6:50 a.m. - 7:20 a.m.

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

Adult Prices
Daily.....\$1.75

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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

HARVEST of the MONTH // CILANTRO

Did you know?

- Cilantro is also known as coriander or Chinese parsley.
- It comes from southern Europe, North Africa, and parts of Asia.
- Cilantro was brought to North America by the English in 1670.
 - The whole plant is edible.
- Cilantro is packed with nutrients! Cilantro is full of antioxidants, vitamins, minerals, and dietary fiber

1

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

2

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

3

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

6

Red, White, & Blue
Funnel Cake

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
Quesadilla

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

Texas Breakfast
Two-Step
(chicken & donut holes)

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

Biscuit & Gravy
with sausage

Cereal
& Cinnamon
Toast

OR

Yogurt
& Cinnamon
Toast

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

10

Local Harvest
Featured Recipe

Southwest Breakfast
Nachos

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

[District Holiday]

Spring
Break

14

[District Holiday]

Spring
Break

15

[District Holiday]

Spring
Break

16

[District Holiday]

Spring
Break

17

[District Holiday]

Spring
Break

20

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

21

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

22

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

23

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

24

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

27

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

28

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

29

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

30

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

31

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

NATIONAL SCHOOL BREAKFAST WEEK

★



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 Coriander (also known by its Spanish name, cilantro) is an ingredient that's both an herb and a "_____."
- 2 What is the difference between Indian and Moroccan coriander seeds?
- 3 Cilantro is also known as Chinese "_____."
- 4 In what year did the English bring cilantro to the North American colonies?
- 5 Cilantro is rich in Vitamin "_____" and Vitamin "_____" which are important for blood and eye health.

Guacamole

Ingredients:

- 1/2 cup red or white onion, finely chopped
- 1 jalapeno, finely chopped (optional)
- 1/4 cup fresh cilantro, chopped
- Salt and pepper for taste
- 2 ripe avocados, mashed
- 1 small to medium tomato, diced
- 1/2 tsp. cayenne
- 2 Tbsp. fresh lime or lemon juice

Directions:

In a large bowl, combine the onion, jalapeno, cilantro, 3/4 teaspoon salt, 1/2 teaspoon pepper, tomato, and cayenne. Using the back of a fork, mash the vegetables until they begin to release their juices. Add mashed avocados and juice. Stir to combine. Keep refrigerated until ready to serve.

HARVEST of the MONTH // CILANTRO

Wolfforth

Houston

Fort Bend ISD is proud to serve locally-grown cilantro from Panhandle Texas. Cilantro is available throughout the year. While buying, look for vibrant green color leaves with firm stems. Its leaves should be free from any kind of spoilage or yellow discoloration.

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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.