



ELEMENTARY SCHOOL

LUNCH MENU

DECEMBER
2016

HARVEST of the MONTH
CAULIFLOWER

Provided by
FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

DECEMBER 2016

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

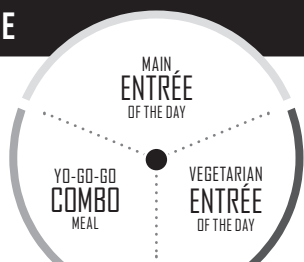
LUNCH MENU GUIDE

- 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).



SIDE DISHES
OF THE DAY

- 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.



1

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

2

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

5

Orange Chicken
with Asian Noodles

Chicken
Nuggets

OR

Mac N Trees

served with:

Sweet potato fries, crisp salad
greens, whole wheat hot roll,
seasonal fruit of the day, & milk

6

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

7

Holiday Meal (See cafeteria for details)

Roasted Turkey &
Dressing

with cranberry sauce and gravy

Popcorn
Chicken

OR

Tostadas

served with:

Hot roll, choice of potatoes, green
beans, celery sticks with ranch
dressing, seasonal fruit, and milk

8

Breakfast for Lunch Day (Every Thursday)

Honey Chicken
Biscuit

Hot
Dog

OR

Scrambled
Eggs
& Biscuit

served with:

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

9

Chicken
Corn dog

Steak
Fingers
& Gravy
with buttered toast

OR

Bean N
Cheese
Burrito

served with:

Carrot coins, combination salad,
fries or mashed potatoes,
seasonal fruit, and milk

12

Spaghetti
& Meatballs

Chicken
Nuggets
& whole wheat
hot roll

OR

Mozzarella
Pizza Stick
with marinara sauce

served with:

Sweet potato fries, salad pizzazz,
garlic toast, seasonal fruit,
and choice of milk

13

Pizza Tuesdays
(Every Tuesday)

Pepperoni
Pizza

Cheeseburger
or Hamburger

OR

Cheese
Pizza

served with:

Baked beans, steamed green beans,
burger trimmings, seasonal fruit,
and choice of milk

14

Local Harvest Day
(See cafeteria for details)

Beef
Nachos
with salsa

Popcorn
Chicken
& whole wheat
hot roll

OR

Vegetarian
Nachos
with salsa

served with:

Spanish rice, lettuce & tomato salad,
celery & carrots with ranch dressing,
seasonal fruit, and milk

15

Breakfast for Lunch Day
(Every Thursday)

French Toast Sticks
with Sausage Patty
& Scrambled Eggs

Hot
Dog

OR

Scrambled
Eggs & French
Toast Sticks

served with:

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

16

Fish
Sticks
with buttered toast

Steak
Fingers
& Gravy
with buttered toast

OR

Toasted
Cheese
Sandwich

served with:

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

19

[District Holiday]

Winter
Break

20

[District Holiday]

Winter
Break

21

[District Holiday]

Winter
Break

22

[District Holiday]

Winter
Break

23

[District Holiday]

Winter
Break

26

[District Holiday]

Winter
Break

27

[District Holiday]

Winter
Break

28

[District Holiday]

Winter
Break

29

[District Holiday]

Winter
Break

30

[District Holiday]

Winter
Break

Visit the cafeteria on
Local Harvest Day
December 14th
and receive a free sample
of locally-grown
cauliflower!



HARVEST of the MONTH FOOD COLORING

Although the most popular variety is white, cauliflower is also available in orange, green, and purple. What color do you want your cauliflower to be? Use a colored pencil, pen, marker, or crayon to add color to the cauliflower below.



CAULIFLOWER
HARVEST OF THE MONTH

Indian Style Cauliflower + Potatoes (Aloo Gobi)

Ingredients:

- 1 Tbsp. vegetable oil
- 1 tsp. minced garlic
- 1 small onion, diced
- 2 medium potatoes, peeled and cubed
- 1 lb. cauliflower
- 1/2 tsp. paprika
- 1 tsp. ground cumin
- 1/2 tsp. curry powder
- 1 tsp. cilantro
- Salt to taste

Directions:

Heat oil in a medium skillet over medium heat. Stir in onion and garlic. Cook about one minute until garlic is lightly browned. Add the potatoes. Season with paprika, cumin, curry powder, and salt. Cover and continue cooking 5-7 minutes, stirring occasionally. Mix the cauliflower and cilantro into the saucepan. Reduce heat to low and cover. Stirring occasionally, continue cooking 10 minutes, or until potatoes and cauliflower are tender.

HARVEST of the MONTH // CAULIFLOWER

Fort Bend ISD is proud to serve locally-grown cauliflower from South Texas. Cauliflower are available throughout the year. Always choose cauliflower that are firm and compact with florets pressed tightly together around the head. A yellow tinge indicates over-maturity.

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.