



FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

ELEMENTARY SCHOOL

LUNCH MENU

JANUARY
2017

HARVEST of the MONTH
TURNIPS

Provided by
FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

JANUARY 2017

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

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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

2

[District Holiday]

Campus
Professional
Learning Day

3

Pizza Tuesdays (Every Tuesday)

Pepperoni
Pizza
OR
Cheeseburger
or Hamburger
OR
Cheese
Pizza

served with:
Vegetarian beans, burger trimmings,
seasonal fruit,
and choice of milk

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Orange
Chicken
6 whole wheat hot roll
OR
Popcorn
Chicken
6 whole wheat
hot roll
OR
Bean N
Cheese
Burrito

served with:
Asian noodles, seasoned corn,
celery sticks with ranch dressing,
seasonal fruit, and choice of milk

5

Breakfast for Lunch Day (Every Thursday)

Sausage Egg
Biscuit
OR
Hot
Dog
OR
Egg & Cheese
Biscuit

served with:
Potato wedges, steamed broccoli,
fiesta salad, seasonal fruit,
and choice of milk

6

Chicken
Fajita Sub
OR
Steak
Fingers
& Gravy
with buttered toast
OR
Vegetarian
Nachos
with salsa

served with:
Carrot coins, burger trimmings,
fries or mashed potatoes,
seasonal fruit, and choice of milk

9

Free Cookie Day (with any lunch purchased)



Fish
Sticks
with tartar sauce
OR
Chicken
Nuggets
OR
Mac N Trees

served with:
Sweet potato fries, lettuce & tomato
salad, whole wheat hot roll,
seasonal fruit, and choice of milk

10

Pizza Tuesdays (Every Tuesday)

Pepperoni
Pizza
OR
Cheeseburger
or Hamburger
OR
Cheese
Pizza

served with:
BBQ beans, burger trimmings,
seasonal fruit,
and choice of milk

11

Local Harvest Day (See cafeteria for details)

Chicken Fajita
Sub
OR
Popcorn
Chicken
6 whole wheat
hot roll
OR
Tamale
Corn Pie
6 whole wheat
hot roll

served with:
Seasoned green beans, fiesta salad,
celery & carrots with ranch dressing,
seasonal fruit, and choice of milk

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Breakfast for Lunch Day (Every Thursday)

French Toast Sticks
* with scrambled eggs and chicken patty *
OR
Hot
Dog
OR
French Toast
Sticks
with scrambled eggs
and cheese stick

served with:
Potato wedges, steamed broccoli,
seasonal fruit,
and choice of milk

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Beef
Nachos
with salsa
OR
Steak
Fingers
& Gravy
with mashed potatoes
& buttered toast
OR
Mozzarella
Pizza Stick
with marinara sauce

served with:
Carrot coins, crisp salad greens,
seasonal fruit,
and choice of milk

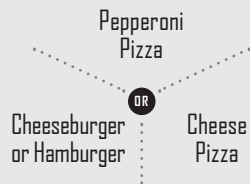
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[National Holiday]

Martin Luther King Day

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Pizza Tuesdays (Every Tuesday)



served with:
Baked beans, burger trimmings,
seasonal fruit,
and choice of milk

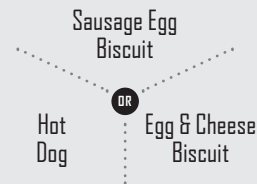
18



served with:
Celery sticks with ranch dressing,
seasoned rice, crisp salad greens,
seasonal fruit, and choice of milk

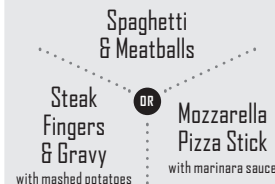
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Breakfast for Lunch Day (Every Thursday)



served with:
Potato wedges, steamed broccoli,
seasonal fruit,
and choice of milk

20



served with:
Buttered toast, carrot coins,
salad pizzazz, seasonal fruit, and
choice of milk

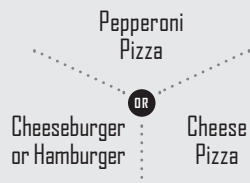
23



served with:
Sweet potato fries, Spanish rice,
lettuce & tomato salad,
seasonal fruit, and choice of milk

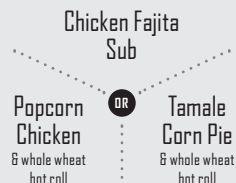
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Pizza Tuesdays (Every Tuesday)



served with:
Beans a la charra, burger trimmings
seasonal fruit,
and choice of milk

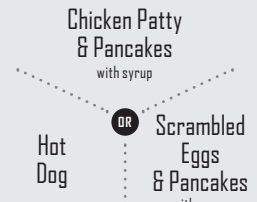
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served with:
Seasoned green beans,
celery & carrots with ranch dressing,
seasonal fruit, and choice of milk

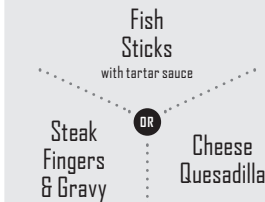
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Breakfast for Lunch Day (Every Thursday)



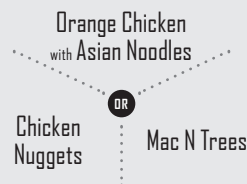
served with:
Potato wedges, steamed broccoli,
seasonal fruit,
and choice of milk

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served with:
Buttered toast, carrot coins,
fries or mashed potatoes,
seasonal fruit, and choice of milk

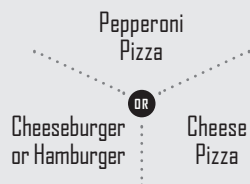
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served with:
Sweet potato fries, crisp salad
greens, whole wheat hot roll,
seasonal fruit, and choice of milk

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Pizza Tuesdays (Every Tuesday)



served with:
BBQ beans, burger trimmings,
seasonal fruit,
and choice of milk

LUNCH MENU GUIDE

- STEP 1 -

Select an Entrée of the Day
OR Yo-Go-Go Combo Meal

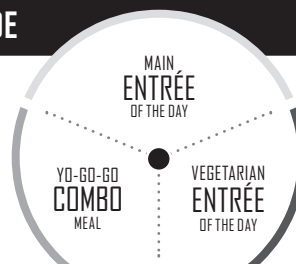
- STEP 2 -

View side dishes below
(made available daily
with every meal choice).



Cookie Day!

Buy lunch on January 9 and get
a free cookie!



SIDE DISHES
OF THE DAY

- EVERYDAY ENTREE - 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.



Visit the cafeteria on
Local Harvest Day
January 11th
and receive a free sample
of locally-grown
turnips!



HARVEST of the MONTH **DEEP GROWTH**

How many notable botanical sayings can you think of? Allow motivation to take root with these inspired quotes:

**Thoughts are roots.
Words are leaves.
Actions are fruits.**

ISRAELMORE AYIVOR

**Wonder,
rather than
doubt, is the
root of all
knowledge.**

ABRAHAM HESCHEL



**Humility,
that low,
sweet root,
from which
all heavenly
virtues shoot.**

THOMAS MOORE

**Deep roots are not
reached by the frost.**

J.R.R. TOLKEN

A tree without roots is just a piece of wood.

MARCO PIERRE WHITE

Stewed Turnip Greens

Ingredients:

10 cups turnip greens

1/2 cup olive oil

2 garlic cloves, thinly sliced

1/4 cup water

Salt and pepper to taste

Directions:

Wash and dry turnip greens. Put turnip greens in a saucepan with olive oil, garlic, water, and salt. Cover and cook over medium-low heat until tender, about 40 minutes. Season with pepper.

HARVEST of the MONTH // **TURNIPS**

Fort Bend ISD is proud to serve locally-grown turnips from Central Texas. Turnips are available throughout the year. Always choose smaller turnips that are firm and heavy. Try to find turnips with bright green tops to use in recipes too.

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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.