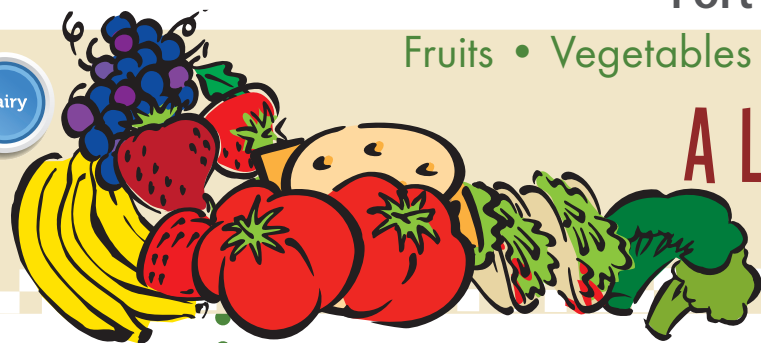
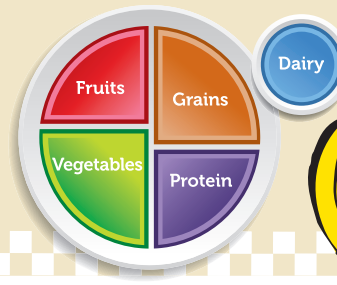


Fort Bend ISD Child Nutrition Department

Fruits • Vegetables • Meat/Meat Alternate (Proteins) • Grains • Milk



A LA CARTE MENU 2016 2017



ENTREES

Nacho Cheese Sauce.....	\$0.40
Breakfast Chicken Patty.....	\$1.00
Nacho Chips.....	\$0.60
Baked Potato w/Butter Sauce	\$1.00
Chicken Dippers- Honey BBQ or Teriyaki.....	\$1.00
Chicken Nuggets (5 pieces)	\$1.00
Chili	\$1.00
Corn Dog	\$1.00
Hamburger.....	\$1.00
Meat Loaf (1 slice).....	\$1.00
Soup (1 cup).....	\$1.00
Spanish Chick Pea Stew (1 cup)	\$1.00
Turkey Stick (Assorted Variety).....	\$1.00
Baked Chicken.....	\$1.50
Cheese Quesadilla.....	\$1.50
Cheeseburger or Gardenburger.....	\$1.50
Chicken Alfredo.....	\$1.50
Chicken Drumsticks with Honey BBQ.....	\$1.50
Chicken Nuggets (8 pieces)	\$1.50
Chicken Fried Steak w/ or w/o Bun.....	\$1.50
Chicken Parmesan Slider	\$1.50
Chili Bowl with TEXAS Toast.....	\$1.50
Chili Dog	\$1.50
Chili Mac	\$1.50
Crispy Chicken Slider.....	\$1.50
Crunchy Tacos (2).....	\$1.50
Double Hamburger	\$1.50
Enchiladas (Beef or Cheese) (2)	\$1.50
Fajitas w/ 6 inch Tortilla.....	\$1.50
Frito Pie w/Corn Chips	\$1.50
Gordita- Chipotle Chicken.....	\$1.50
Hot Dog.....	\$1.50
Lasagna or Vegetable Lasagna	\$1.50
Mac and Trees Bowl	\$1.50
Rib Patty w/ or w/o Bun	\$1.50
Roast Turkey	\$1.50
Roast Turkey Breast (2 slices).....	\$1.50
Sloppy Joe Sandwich	\$1.50
Soft Tacos (2).....	\$1.50
Spaghetti (Beef or Chicken)	\$1.50
Steak Fingers (Beef) (4 pieces).....	\$1.50
Tamale Corn Pie.....	\$1.50
Tornado- Southwest Chicken	
or Ranchero Beef	\$1.50
Tostada	\$1.50

ENTREES

Asian Chicken	\$1.80
Bean & Cheese Burrito	\$1.80
Beef Burrito.....	\$1.80
Beef or Vegetarian Nachos	\$1.80
Chicken Poppers (12 pieces)	\$1.80
Fajita Sub	\$1.80
Fish Sticks (3) /Fish Nuggets (4)	\$1.80
Mini Cheese Ravioli	
(served w/ spag. Sauce)	\$1.80
Philly Cheesesteak Sandwich.....	\$1.80
Vegetable Lasagna Rollup	
(served w/ spag. Sauce)	\$1.80
Vegan Burrito	\$1.80
Sweet and Sour Boneless Wings (4)	\$1.80
Baked Potato w/Cheese Broccoli.....	\$2.00
Baked Potato w/Chili.....	\$2.00
Catfish Strips (3).....	\$2.00
Cheeseburger Sliders (2 pack).....	\$2.00
Chicken Meatballs with Spaghetti.....	\$2.00
Chicken Poppers (18 pieces)	\$2.00
Chili Cheese Steak Fries	\$2.00
Double Cheeseburger.....	\$2.00
Fish Sticks (4) /Fish Nuggets (8)	\$2.00
Steak Fingers (Beef) (6 pieces).....	\$2.00
Turkey & Dressing.....	\$2.00
BUILD YOUR OWN	
Burrito Bar- Chicken or Beef.....	\$3.00
Specialty Sandwiches- Philly Cheesesteak,	
Chicken Alfredo, or Chicken Teriyaki	\$3.00
BASKETS	
Boneless Wings with Fries	\$2.50
Chicken Tenders with Fries	\$2.50
Corndog with Fries.....	\$2.50
Catfish Strips with Fries	\$2.50
PIZZA	
Cheese Stuffed Bread Stick.....	\$1.00
Pizza by the Slice- Cheese, Pepperoni,	
Supreme, Vegetarian, or Florentine	\$1.80
Cheesy Pull Aparts- Mozzarella	
Garlic or Spicy Buffalo.....	\$2.00
Individual Round	\$2.50
Calzone	\$3.00

SANDWICHES/WRAPPS

Tasted Cheese.....	\$1.50
Deli Meats/ Meat Salads on	
4" Hoagie or 10" Tortilla.....	\$1.50
Meat Ball 4" Hoagie	\$1.50
Spicy Chicken Sandwich.....	\$1.80
Clux Delux Chicken Sandwich.....	\$2.50

SALADS

Tossed Salad w/Tomato Slice	\$1.25
Garden Salad	\$1.25
Tuna Salad w/Lettuce Leaf	\$1.35
Mini Chef Salad w/2-2 pk. Crackers	\$1.35
Cottage cheese w/fruit	\$1.50
Cottage cheese w/Tuna	\$1.80
Seasonal Fruit Cup.....	\$2.00
Taco Salad w/wo Beans and/or Salsa.....	\$2.50
Chef Salad w/4-2 pk. Crackers	\$2.50
Crispy Chicken Salad	\$2.50
Fruit and Cheese Bowl.....	\$2.50

PLATES (No Substitutions)

Chicken Parmesan	
(chicken parmesan and penne pasta)	\$2.00
Chicken Parmesan Plate	
(chicken parm, penne pasta, side salad) ...	\$2.50
Meatloaf Plate (meatloaf, mashed potatoes,	
green beans)	\$2.50
Salisbury Steak Plate (Salisbury steak,	
mashed potatoes, side salad).....	\$2.50

SIDE DISHES

Boiled Egg (1)	\$0.75
Fresh/Seasonal Fruits (1/2 cup).....	\$0.75
Fruit, Canned (1/2 cup)	\$0.75
Hot/Steamed Vegetables (1/2 cup)	\$0.75
Macaroni & Cheese	\$0.75
Mashed Potatoes.....	\$0.75
Chow Mein (1/2 cup).....	\$0.75
Cilantro Lime Rice (1/2 cup)	\$0.75
Fried Rice (1/2 cup)	\$0.75
Seasoned/Asian Noodles (1/2 cup)	\$0.75
Spanish Rice (1/2 cup)	\$0.75
Steamed Rice	\$0.75
Egg Roll- Vegetable.....	\$1.00

Baby Roasters	\$1.00
Fries & Potato Items- varies.....	\$1.00
Okra, Fried.....	\$1.00
Onion Rings	\$1.00
Oriental Rice Bowl	\$1.00
Sweet Potato Fries	\$1.00

BREAD & CRACKERS

Saltine Crackers.....	\$0.10
Bread Slice.....	\$0.35
Bread Stick	\$0.50
Cornbread.....	\$0.50
Roll	\$0.50
Texas Toast.....	\$0.50
Loco Bread.....	\$0.50
Bagel, Assorted	\$0.60
Soft Pretzel	\$0.60
Soft Pretzel Rods.....	\$0.60

YOGURT

Yogurt Go Big Strawberry.....	\$1.00
Greek Yogurt (Strawberry or Blueberry)	\$1.00
Yogurt	\$0.60
Yogurt Parfait	\$2.00

SNACK ITEMS

Mini Rice Krispies	\$0.35
Animal Crackers	\$0.50
Cheez-It.....	\$0.50
Gold Fish Crackers.....	\$0.50
Graham Crackers (Assorted Variety)	\$0.50
Smart Popcorn	\$0.50
Annie's Grahams- Honey or	
Choc. Chip & Honey	\$0.60
Cereal Bars (Assorted Variety)	\$0.60
Chips (Assorted Variety)	\$0.60
Fruit Snacks- Assorted Fruit or Mixed Berry..	\$0.60
Granola Bar/Fruit Bars	\$0.60
Snack Mix (Assorted Variety)	\$0.60
Large Rice Krispies	\$0.75
Ubr Breakfast Rounds- Cinn.	
or Oatmeal Choc. Chip.....	\$1.00
Beef Jerky- Original, Teriyaki or Peppered...	\$2.00

DESSERTS

Brownies	\$0.60
Cookies (2)	\$0.60
Ice Cream, assorted varieties.....	\$0.65

BEVERAGES

Cup of Ice	\$0.10
Juice (4 oz.).....	\$0.40
Milk (8 oz.)	\$0.40
Orange Juice (8 oz.).....	\$0.70
Spring Water (8 oz.).....	\$0.70
Ice Tea	\$1.00
Drinks, Canned (Envy, Izzie, Fruit 66).....	\$1.25
G2 (12 oz.) (HIGH ONLY)	\$1.25
Spring Water (16.9 oz.).....	\$1.25
Fruit Drinks, Naked.....	\$2.25

CONDIMENTS

Butter Sauce	\$0.05
Extra: Ketchup, Mustard, Mayonnaise.....	\$0.05
Extra: Taco Sauce.....	\$0.05
Lemon Slice	\$0.05
Croutons	\$0.10
Jelly, pkg.....	\$0.10
Cheese or Cheese Sauce	\$0.40
String Cheese.....	\$0.40
Chives	\$0.40
Jalapenos	\$0.40
Marinara Sauce	\$0.40
Salad Dressing.....	\$0.40
Salsa	\$0.40
Sour Cream	\$0.40
Sweet 'n Sour Sauce.....	\$0.40
Granola	\$0.50



Fort Bend ISD Child Nutrition Department strives to be in compliance with all Federal and State mandated Nutrition Policy Regulations. www.squaremeals.org