

# MARCH 2018

### Student Prices

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

### Adult Prices

Daily.....\$1.75

**FBISD**  
 INSPIRE • EQUIP • IMAGINE  
 CHILD NUTRITION

# BREAKFAST 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 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 nut cautious and pork-free. Breakfast Meal Calories: Minimum 450 calories, Maximum 500 calories. For more information, contact the Fort Bend ISD Child Nutrition Office. **Phone:** (281) 634-1855 **Online:** www.fortbendis.com/childnutrition

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Breakfast Sandwiches now available daily!**



## HARVEST of the MONTH- Grapefruit BREAKFAST QUIZ // ANSWERS



[1] Winter is the peak growing season for grapefruit and other citrus. [2] Grapefruit are 91% water! [3] Grapefruit is rich in potassium, which helps to keep your heart healthy. [4] The most popular varieties of grapefruit are white, pink, and red. [5] Vitamin C helps collagen production, which is the main support system for your skin!

1

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

2

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

Pancakes with Strawberry Sauce with Sausage  
 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

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

7

Fruit Topped Breakfast Crisp  
 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 (Donut Holes & Chicken)  
 Cereal & Cinnamon Toast OR Yogurt & Cinnamon Toast

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

9

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

12

[Spring Break]  
**Holiday**

13

[Spring Break]  
**Holiday**

14

[Spring Break]  
**Holiday**

15

[Spring Break]  
**Holiday**

16

[Spring Break]  
**Holiday**

19

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

20

Scrambled Eggs & Pancake (platter)  
 Cereal & Cinnamon Toast OR Yogurt & Cinnamon Toast

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

21

French Toast Sticks with Sausage  
 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

Breakfast Pizza  
 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

Honey Chicken 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

26

Cheesy Scrambled Eggs & Tater Tots 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

27

Fruit & Yogurt Parfait with granola  
 Cereal & Cinnamon Toast OR Yogurt & Cinnamon Toast

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

28

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

29

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

30

**Holiday**

NATIONAL SCHOOL BREAKFAST WEEK

NATIONAL SCHOOL BREAKFAST WEEK