

Fort Bend ISD Child Nutrition Department

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

A LA CARTE MENU 2017-2018



BREAKFAST ITEMS

Breakfast Breads.....	\$1.00
Breakfast Meats.....	\$1.00
Cereal Bowl (Assorted Variety)	\$1.00
Cream Cheese Filled Mini Bagles	\$1.00
Eggs	\$1.00
Hot Cereal (Oatmeal).....	\$1.00
Value Meal (Cereal Bowl and Milk).....	\$1.50
Breakfast Platters.....	\$2.00
Breakfast Sandwiches.....	\$2.00
Egg and Cheese Rolled Taco.....	\$2.00
Funnel Cake	\$2.00
Homemade Cinnamon Roll	\$2.00
Kolache.....	\$2.00
Pancake & Sausage on a Stick.....	\$2.00
Sausage Breakfast Pizza	\$2.00
Texas Breakfast Two Step.....	\$2.00

\$1.50 LUNCH ENTREES

Baked or Breaded Chicken.....	\$1.50
Baked Potato w/Butter.....	\$1.50
Cheese Quesadilla.....	\$1.50
Cheeseburger or Gardenburger.....	\$1.50
Cheese Sticks (Breaded)	\$1.50
Chicken Nuggets.....	\$1.50
Chicken Fried Steak w/ or w/o Bun.....	\$1.50
Chicken Parmesan Slider.....	\$1.50
Chili	\$1.50
Corn Dog	\$1.50
Chili Mac	\$1.50
Crunchy Tacos (2).....	\$1.50
Enchiladas (2).....	\$1.50
Frito Pie w/Corn Chips	\$1.50
Gordita- Chipotle Chicken.....	\$1.50
Hamburger.....	\$1.50
Hot Dog.....	\$1.50
Meat Loaf (1 slice).....	\$1.50
Rib Patty w/ or w/o Bun	\$1.50
Roast Turkey	\$1.50
Soft Tacos (2).....	\$1.50
Sloppy Joe Sandwich	\$1.50
Soup (1 cup).....	\$1.50
Toasted Cheese	\$1.50
Turkey Stick (Assorted Variety).....	\$1.50
Value Meal (Cereal Bowl and Milk).....	\$1.50

\$2.00 LUNCH ENTREES

Asian Chicken	\$2.00
Baja Fish Tacos	\$2.00
Boneless Wings (4).....	\$2.00
Burrito	\$2.00
Cheeseburger Sliders (2 pack).....	\$2.00
Chicken Alfredo.....	\$2.00
Chicken Penne	\$2.00
Chicken Poppers.....	\$2.00
Chili Cheese Fries.....	\$2.00
Crispy Fish Fillet Burger.....	\$2.00
Double Hamburger/Cheeseburger.....	\$2.00
Empanadas (Assorted Variety)	\$2.00
Fajita Sub	\$2.00
Fajita Tacos (2).....	\$2.00
Fish Sticks /Fish Nuggets.....	\$2.00
Lasagna	\$2.00
Mac and Cheese.....	\$2.00
Mini Cheese Ravioli (served w/ spag. sauce).....	\$2.00
Nachos	\$2.00
Pretzel Dog.....	\$2.00
Shrimp Poppers.....	\$2.00
Spaghetti	\$2.00
Steak Fingers (Beef)	\$2.00
Street Tacos.....	\$2.00
Tornado (Assorted Variety)	\$2.00
Turkey Burger	\$2.00
Turkey & Dressing.....	\$2.00

BASKETS

Boneless Wings with Fries.....	\$2.50
Catfish Strips with Fries.....	\$2.50
Chicken Tenders with Fries	\$2.50
Corndog with Fries.....	\$2.50
Shrimp Poppers with Fries.....	\$2.50

BOXED MEALS

Cafe Bento Box (Assorted Variety).....	\$3.00
Munchables (Assorted Variety).....	\$3.00

PIZZA

Cheese Stuffed Bread Stick.....	\$1.50
Pizza by the Slice.....	\$2.00
Individual Round	\$3.00
Calzone.....	\$3.50

SANDWICHES/WRAPPS

Hot Deli Sandwich	\$2.00
Spicy Chicken Sandwich.....	\$2.00
Sunbutter and Apple Rollups (2)	\$2.00
Baja Fish Sandwich.....	\$2.50
BBQ Chopped Beef Sandwich.....	\$2.50
Chicken Gyros (2).....	\$2.50
Clux Delux Chicken Sandwich.....	\$2.50
Grilled Chicken Sandwich.....	\$2.50
Mac and Cheese Grilled Cheese Sandwich.....	\$2.50
Build Your Own Burrito Bar- Chicken or Beef.....	\$3.00
Build Your Own Sandwiches and Wraps.....	\$3.00
Deli Meats/ Meat Salads	\$3.00

SALADS

Side Salads.....	\$1.50
Tuna Salad w/Lettuce Leaf	\$1.50
Seasonal Fruit Cup.....	\$2.00
Entrée Salad.....	\$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

SIDES

Cottage cheese.....	\$1.00
Fried Okra.....	\$1.00
Fruits, Fresh or Canned (1/2 cup).....	\$1.00
Hot/Steamed Vegetables (1/2 cup)	\$1.00
Macaroni & Cheese	\$1.00
Chow Mein or Asian Noodles (1/2 cup).....	\$1.00
Rice/ Noodles	\$1.00
Egg Roll- Vegetable.....	\$1.00
Fries & Potato Items- varies.....	\$1.00
Onion Rings	\$1.00

YOGURT

Yogurt (4 oz. Assorted Variety)	\$1.00
Yogurt Go Big Strawberry.....	\$1.50
Greek Yogurt (Assorted Variety).....	\$1.50
Yogurt Parfait	\$2.00

GRAINS

Bread Slice/Toast.....	\$0.75
Bread Stick	\$0.75
Cornbread.....	\$0.75
Roll	\$0.75
Texas Toast.....	\$0.75
Flat Bread.....	\$0.75
Bagel, Assorted	\$0.75
Soft Pretzel	\$0.75
Soft Pretzel Rods.....	\$0.75

SNACK ITEMS

Mini Rice Krispies	\$0.25
Bagged Crackers (Assorted Variety).....	\$0.75
Cereal Bars (Assorted Variety)	\$0.75
Chips/Popcorn (Assorted Variety).....	\$0.75
Fruit Snacks (Assorted Variety)	\$0.75
Granola or Breakfast Bars.....	\$0.75
Snack Mix (Assorted Variety)	\$0.75
String Cheese.....	\$0.75
Large Rice Krispies	\$0.75
Ubr Breakfast Rounds- Cinn. or Oatmeal Choc. Chip	\$1.00
Beef Jerky- Original, Teriyaki or Peppered...	\$2.50

DESSERTS

Brownie.....	\$0.75
Cookies (2)	\$0.75
Ice Cream (Assorted Variety).....	\$1.00
Dippin' Dots (Frozen Yogurt).....	\$2.50

BEVERAGES

Cup of Ice (12 oz. cup).....	\$0.25
Juice (4 oz.) / Milk (8 oz.)	\$0.50
Juice (8 oz.)	\$0.75
Frozen Juice Pouches	\$0.75
Spring Water (8 oz.).....	\$0.75
Frozen Slushie Beverages (8 oz.).....	\$1.00
Hershey's Chocolate Milk (8 oz.).....	\$1.00
Ice Tea	\$1.50
Drinks, Canned (Envy, Izze, Fruit 66).....	\$1.50
G2 (12 oz.) (HIGH SCHOOL ONLY)	\$1.50
Spring Water (16.9 oz.).....	\$1.50
Fruit Drinks, Naked.....	\$2.50
Hershey's Chocolate Milk (11 oz. SEC. ONLY)	\$2.50

CONDIMENTS

Butter.....	\$0.05
Extra: Ketchup, Mustard, Mayonnaise.....	\$0.05
Extra: Taco Sauce.....	\$0.05
Lemon Slice	\$0.05
Croutons	\$0.10
Jelly, pkg.	\$0.10
Saltine Crackers.....	\$0.10
Avocado (2 slices).....	\$0.50
Cheese or Cheese Sauce	\$0.50
Chili.....	\$0.50
Chives	\$0.50
Granola	\$0.50
Jalapenos	\$0.50
Marinara Sauce	\$0.50
Pepper Mayo.....	\$0.50
Salad Dressing.....	\$0.50
Salsa	\$0.50
Sour Cream	\$0.50
Sweet 'n Sour Sauce.....	\$0.50



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

