

NOVEMBER 7П1

Lunch Hours 10:15 a.m. - 1:00 p.m.

Student Prices

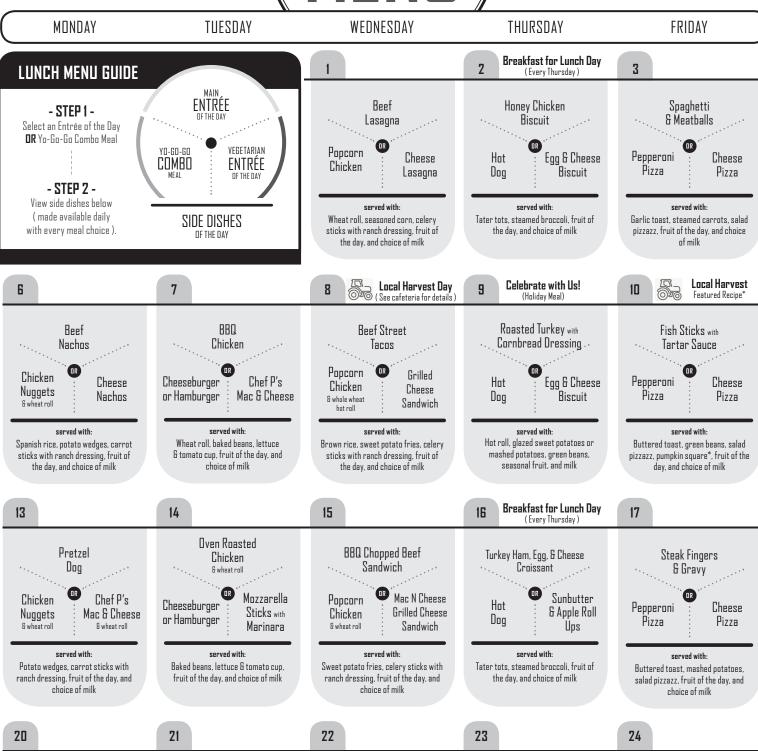
Daily..... .\$2.25 Daily (Reduced)..... Weekly (Reduced)......

Adult Prices



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. 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



[District Holiday]

Thanksgiving

Break

[District Holiday]

Thanksgiving Break

[District Holiday]

Thanksgiving Break

[District Holiday]

Thanksgiving Break

[District Holiday]

Thanksgiving Break

27 Beefy Frito Pie Chicken Nuggets

Meatless Frito Pie

Wheat roll, potato wedges, carrot sticks with ranch dressing, fruit of the day, and choice of milk

Baja Fish Tacos

Cheeseburger Cheese or Hamburger Quesadilla

Spanish rice, beans a la charra. lettuce & tomato cup, fruit of the day, and choice of milk

Beef Lasagna

29

Popcorn Cheese Chicken Lasagna

Wheat roll, seasoned corn, celery sticks with ranch dressing, fruit of the day, and choice of milk

Honey Chicken Biscuit

Dog

30

Egg & Cheese Biscuit

served with:

Tater tots, steamed broccoli, fruit of the day, and choice of milk

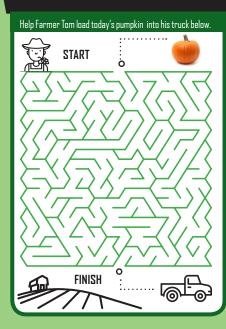
- SALAD OF THE DAY -**CHEF INSPIRED** SALADS

MONDAY: SOUTHWEST CHICKEN TUESDAY: CHEF **WEDNESDAY**: FAJITA CHICKEN THURSDAY: CHEF FRIDAY: SOUTHWEST CHICKEN





HARVEST of the MONTH FARMER'S MAZE



Roasted Pumpkin Soup

2 3/4 pounds sugar pumpkin or butternut squash, halved and seeded
1 onion, peeled and quartered through the stem
2 shiitake mushrooms, stemmed, caps wiped clean
1 garlic clove, peeled
1/2 cup olive oil

Coarse salt and freshly ground pepper 5 cups homemade or store-bought low-sodium vegetable stock

Directions:

Preheat oven to 450 degrees. Cut pumpkin into 2-inch pieces. Combine pumpkin, onion, mushrooms, and garlic on a rimmed baking sheet. Add oil and 2 teaspoons salt; toss to coat, then spread in a single layer. Roast until pumpkin is tender when pierced with the tip of a sharp knife, about 30 minutes, rotating pan and tossing vegetables halfway through. Let cool, then remove skins.

Transfer vegetables to a medium saucepan; heat over medium. Pour in 2 cups stock; puree with an immersion blender until smooth. With the blender running, slowly add remaining 3 cups stock, and puree until smooth. Bring soup to just a simmer. Remove from heat, and season with salt and pepper.

Cover to keep warm.



Pumpkins are in season in Texas during the months of September- November. When selecting a pumpkin, choose medium-sized pumpkins that are firm and brightly colored. Mini pumpkins are more rich and sweet in flavor while large pumpkins are best for decor. FBISD CHILD NUTRITION

Fort Bend Independent School District
Child Nutrition Department

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www.FortBendISD.com

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