

SEPTEMBER
2018

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

FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

ELEMENTARY SCHOOL

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 nut cautious. 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

This institution is an equal opportunity employer.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

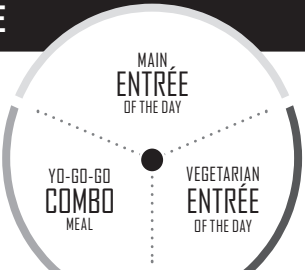
LUNCH MENU GUIDE

- 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).



SIDE DISHES
OF THE DAY

Make it a Meal!

We offer items from the five food groups daily- meat/meat alternate, grain, fruit, vegetable, and milk. Make sure to pick up at least 1/2 cup of fruit or vegetable to complete your meal!

COMING SOON!

Our new menu and nutrition app, Mealviewer, will be available soon from your Android or Apple App store. There you will be able to find your campus menus as well as nutrient and allergen information right at your fingertips!

- SALAD OF THE DAY -

CHEF INSPIRED
SALADS

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



3

[National Holiday]

Labor
Day

4

Spaghetti with Meat
Sauce
8 whole wheat
hot roll

Cheeseburger
or Hamburger

Mozzarella
Sticks with
Marinara

served with:

Green beans, lettuce & tomato cup,
fruit of the day, and choice of milk

5

Oven Roasted Chicken
8 whole wheat
hot roll

Popcorn
Chicken
8 whole wheat
hot roll

Grilled Cheese
Sandwich

served with:

Sweet potato fries, baked beans,
combination salad, fruit of the day,
and choice of milk

6

Breakfast for Lunch Day
(Every Thursday)

Sausage, Egg, & Cheese
Croissant

Hot
Dog

Sunbutter
& Jelly
Sandwich

served with:

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

7

Steak Fingers
& Gravy

Pepperoni
Pizza

Cheese
Pizza

served with:

Buttered toast, mashed potatoes,
salad pizzazz, fruit of the day,
and choice of milk

10

Beefy Frito Pie

Chicken
Nuggets
8 whole wheat
hot roll

Grilled
Cheese
Sandwich

served with:

Potato wedges, carrot sticks with
ranch dressing, fruit of the day, and
choice of milk

11

Fish Sticks
8 tartar sauce

Cheeseburger
or Hamburger

Cheese
Quesadilla

served with:

French fries, beans a la charra,
lettuce & tomato cup, fruit of the day,
and choice of milk

12

Beef Lasagna

Popcorn
Chicken

Potato Wedges
con Queso

served with:

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

13

Breakfast for Lunch Day
(Every Thursday)

Honey Chicken
Biscuit

Hot
Dog

Egg & Cheese
Biscuit

served with:

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

14



Local Harvest Day
(See cafeteria for details)

Spaghetti & Meatballs

Pepperoni
Pizza

Cheese
Pizza

served with:

Garlic toast, steamed carrots, salad
pizzazz, fruit of the day,
and choice of milk

17



Local Harvest Day
Featured Recipe*

Beef
Nachos

Chicken
Nuggets
8 whole wheat
hot roll

Cheese
Nachos

served with:

Spanish rice, potato wedges, carrot
sticks with ranch dressing, fruit of
the day*, and choice of milk

18

Chicken Fajita Taco

Cheeseburger
or Hamburger

Grilled
Cheese
Sandwich

served with:

Brown rice, sweet potato fries,
lettuce & tomato cup, fruit of the day,
and choice of milk

19

BBQ Chicken

Popcorn
Chicken

The Original
Mac & Cheese

served with:

Whole wheat roll, baked beans, celery
sticks with ranch dressing, fruit of
the day, and choice of milk

20

Breakfast for Lunch Day
(Every Thursday)

Pancakes & Sausage

Hot
Dog

Pancakes &
Scrambled
Eggs

served with:

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

21

Fish Sticks
8 tartar sauce

Pepperoni
Pizza

Cheese
Pizza

served with:

Buttered toast, green beans, salad
pizzazz, fruit of the day,
and choice of milk

24

Corn Dog

Chicken
Nuggets
8 whole wheat
hot roll

Chef P's
Mac & Cheese

served with:

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

25

Spaghetti with Meat
Sauce
8 whole wheat
hot roll

Cheeseburger
or Hamburger

Mozzarella
Sticks with
Marinara

served with:

Green beans, lettuce & tomato cup,
fruit of the day, and choice of milk

26

Oven Roasted Chicken
8 whole wheat
hot roll

Popcorn
Chicken
8 whole wheat
hot roll

Grilled Cheese
Sandwich

served with:

Sweet potato fries, baked beans,
combination salad, fruit of the day,
and choice of milk

27

Breakfast for Lunch Day
(Every Thursday)

Sausage, Egg, & Cheese
Croissant

Hot
Dog

Sunbutter
& Jelly
Sandwich

served with:

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

28

[Local Holiday]

Fort Bend
County Fair
Day