

SEPTEMBER 2018

Student Prices

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

Adult Prices

Daily.....\$1.75

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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 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. 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.fortbendisid.com/childnutrition

This institution is an equal opportunity employer.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Make it a Meal!

Start your day off with one of our nutritious breakfasts--complete with whole grain rich options, low fat milk, and choice of fruit! Make sure you pick up at least 1/2 cup of fruit or 4 oz. of 100% fruit juice to complete your meal!

COMING SOON! MealViewer App

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!

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[National Holiday]

Labor Day

4

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

5

Red, White, & Blue Funnel Cake

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

6

Sausage, Egg, & Cheese Croissant

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

7

Glazed Donut

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

10

Pancakes
with Syrup

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

11

Scrambled Eggs & French Toast Sticks
(platter)

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

12

Cinnamon Roll

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

13

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

14

Pancake & Sausage on a Stick

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

17

Honey Bun

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

18

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

19

French Toast Sticks with Sausage

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

20

Breakfast Pizza

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

21

Honey Chicken Biscuit

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

24

Cheesy Scrambled Eggs, Tater Tots, & Toast

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

25

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

26

Red, White, & Blue Funnel Cake

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

27

Sausage, Egg, & Cheese Croissant

Cereal & Toast **OR** Yogurt & Toast
with jelly

served with:

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

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[Local Holiday]

Fort Bend County Fair Day