



ELEMENTARY SCHOOL

LUNCH MENU

OCTOBER
2017



HARVEST of the MONTH
BELL PEPPER

Provided by
FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

OCTOBER
2017

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 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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Pretzel
Dog

Chicken
Nuggets
6 wheat roll

OR

Chef P's
Mac & Cheese
6 wheat roll

served with:

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

3

Oven Roasted
Chicken
6 wheat roll

Cheeseburger
or Hamburger

OR

Mozzarella
Sticks with
Marinara

served with:

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

4

BBQ Chopped Beef
Sandwich

Popcorn
Chicken
6 wheat roll

OR

Mac N Cheese
Grilled Cheese
Sandwich

served with:

Sweet potato fries, celery sticks with ranch dressing, fruit of the day, and choice of milk

5

Breakfast for Lunch Day
(Every Thursday)

Turkey Ham, Egg, & Cheese
Croissant

Hot
Dog

OR

Sunbutter
& Apple Roll
Ups

served with:

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

6

Steak Fingers
& Gravy

Pepperoni
Pizza

OR

Cheese
Pizza

served with:

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

9

Beefy
Frito Pie

Chicken
Nuggets

OR

Meatless
Frito Pie

served with:

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

10

Baja
Fish Tacos

Cheeseburger
or Hamburger

OR

Cheese
Quesadilla

served with:

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

11



Local Harvest Day
See cafeteria for details

Beef
Lasagna

Popcorn
Chicken

OR

Cheese
Lasagna

served with:

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

12

Breakfast for Lunch Day
(Every Thursday)

Honey Chicken
Biscuit

Hot
Dog

OR

Egg & Cheese
Biscuit

served with:

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

13



Local Harvest
Featured Recipe*

Spaghetti
& Meatballs

Pepperoni
Pizza

OR

Cheese
Pizza

served with:

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

16

Beef
Nachos

Chicken
Nuggets
6 wheat roll

OR

Cheese
Nachos

served with:

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

17

BBQ
Chicken

Cheeseburger
or Hamburger

OR

Chef P's
Mac & Cheese

served with:

Wheat roll, baked beans, lettuce & tomato cup, fruit of the day, and choice of milk

18

Beef Street
Tacos

Popcorn
Chicken
6 wheat roll

OR

Grilled
Cheese
Sandwich

served with:

Brown rice, sweet potato fries, celery sticks with ranch dressing, fruit of the day, and choice of milk

19

Breakfast for Lunch Day
(Every Thursday)

Corn Dog

Hot
Dog

OR

Egg & Cheese
Croissant

served with:

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

20

Student
Holiday

23

Pretzel
Dog

Chicken
Nuggets
6 wheat roll

OR

Chef P's
Mac & Cheese
6 wheat roll

served with:

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

24

Oven Roasted
Chicken
6 wheat roll

Cheeseburger
or Hamburger

OR

Mozzarella
Sticks with
Marinara

served with:

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

25

BBQ Chopped Beef
Sandwich

Popcorn
Chicken
6 wheat roll

OR

Mac N Cheese
Grilled Cheese
Sandwich

served with:

Sweet potato fries, celery sticks with ranch dressing, fruit of the day, and choice of milk

26

Breakfast for Lunch Day
(Every Thursday)

Turkey Ham, Egg, & Cheese
Croissant

Hot
Dog

OR

Sunbutter
& Apple Roll
Ups

served with:

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

27

Steak Fingers
& Gravy

Pepperoni
Pizza

OR

Cheese
Pizza

served with:

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

30

Beefy
Frito Pie

Chicken
Nuggets

OR

Meatless
Frito Pie

served with:

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

31

Baja
Fish Tacos

Cheeseburger
or Hamburger

OR

Cheese
Quesadilla

served with:

Spanish rice, beans a la charra, lettuce & tomato cup, 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



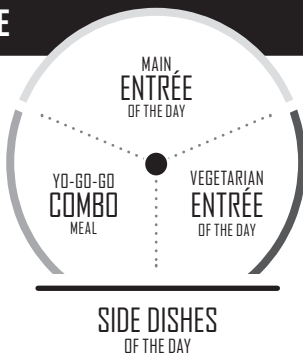
LUNCH MENU GUIDE

- 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).



Visit the cafeteria on

Local Harvest Day

October 11th

and receive a free sample
of locally-grown
bell pepper!



HARVEST of the MONTH WORD SEARCH

There are many different types of peppers of all shapes, sizes, and colors. Their flavors range from sweet and mild, to spicy and hot! See how many types of peppers you can find in this month's puzzle below.

ANAHEIM
ARBOL
BANANA

BELL
CHERRY
GHOST

HABANERO
JALAPENO
PEPPERONCINI

POBLANO
ROCOTO
SERRANO

H T B B I G O F B N J P U O R
W E G X H M Q R D Z E T N E U
M Z J S M L B D E P J A M R G
O N E P A L A J P N L J O R Y
T X B K S E Q E P B A C F Z C
F S H A L B R S O X O B V A H
N W O V N O T P M T F Q A E E
X U M H N A C L O B R A C H R
Y F P C G S N P V F W P R M R
K D I S E R R A N O F Q F I Y
A N D Q I M I K C A N P G E P
I V X H F I P S L K M Z H H I
Z P I L B T Y R P X L H N A A
R G E Y N C T V D P H N H N O
D O K E S N J W F X D T B A L

Turkey Stuffed Peppers

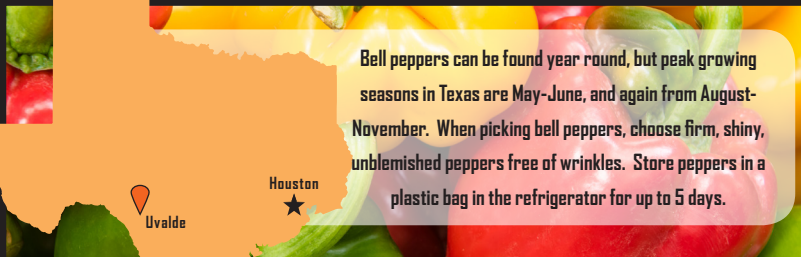
Ingredients:

- 1 lb lean ground turkey
- 1 garlic clove, minced
- 1/4 onion, minced
- 1 Tbsp chopped cilantro or parsley
- 1 tsp garlic powder
- 1 tsp cumin powder
- 1 tsp kosher salt
- 3 large sweet red bell peppers, washed
- 1 cup fat free chicken broth
- 1/4 cup tomato sauce
- 1 1/2 cups cooked brown rice
- Olive oil spray
- 6 Tbsp part skim shredded cheddar cheese

Directions:

Heat oven to 400 degrees Fahrenheit. Lightly spray olive oil spray in a medium nonstick skillet and heat on medium heat. Add onion, garlic, and cilantro and saute about 2 minutes. Add ground turkey, salt, garlic powder, and cumin, and cook meat for 4-5 minutes until it is completely cooked through. Add 1/4 cup of tomato sauce and 1/2 cup of chicken broth, mix well, and simmer on low for about 5 minutes. Combine cooked rice and meat together. Cut the bell peppers in half lengthwise, and remove all seeds. Spoon 2/3 cup meat mixture into each pepper half and place in a 9x13-inch baking dish. Top each with 1 Tbsp cheese. Pour the remainder of the chicken broth on the bottom of the pan. Cover tightly with aluminum foil and bake for about 45 minutes. Carefully remove the foil and serve right away.

HARVEST of the MONTH // BELL PEPPER



Bell peppers can be found year round, but peak growing seasons in Texas are May-June, and again from August-November. When picking bell peppers, choose firm, shiny, unblemished peppers free of wrinkles. Store peppers in a plastic bag in the refrigerator for up to 5 days.

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Fort Bend Independent School District
Child Nutrition Department

555 Julie Rivers Drive
Sugar Land, Texas 77478
(281) 634-1855

www.FortBendISD.com

FBISD is an equal opportunity employer.