

# Fort Bend ISD Child Nutrition Department

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

## A LA CARTE MENU 2018-2019



### 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, Izzie, 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](http://www.squaremeals.org)

