


AUGUST 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


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

<p>13</p> <p style="text-align: center; font-size: 24px;">Professional Learning Day</p>	<p>14</p> <p style="text-align: center; font-size: 24px;">Teacher Work Day</p>	<p>15 Welcome Back! (First Day of School)</p> <p style="text-align: center;">Oven Roasted Chicken <small>6 whole wheat hot roll</small></p> <p style="text-align: center;">Popcorn Chicken OR Grilled Cheese Sandwich <small>6 whole wheat hot roll</small></p> <hr/> <p style="text-align: center;"><small>served with:</small> Sweet potato fries, baked beans, combination salad, fruit of the day, and choice of milk</p>	<p>16 Breakfast for Lunch Day (Every Thursday)</p> <p style="text-align: center;">Sausage, Egg, & Cheese Croissant</p> <p style="text-align: center;">Hot Dog OR Sunbutter & Jelly Sandwich</p> <hr/> <p style="text-align: center;"><small>served with:</small> Tater tots, steamed broccoli, fruit of the day, and choice of milk</p>	<p>17</p> <p style="text-align: center;">Steak Fingers & Gravy</p> <p style="text-align: center;">Pepperoni Pizza OR Cheese Pizza</p> <hr/> <p style="text-align: center;"><small>served with:</small> Buttered toast, mashed potatoes, salad pizzazz, fruit of the day, and choice of milk</p>
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<p>20</p> <p style="text-align: center;">Beefy Frito Pie</p> <p style="text-align: center;">Chicken Nuggets OR Grilled Cheese Sandwich <small>6 whole wheat hot roll</small></p> <hr/> <p style="text-align: center;"><small>served with:</small> Potato wedges, carrot sticks with ranch dressing, fruit of the day, and choice of milk</p>	<p>21</p> <p style="text-align: center;">Fish Sticks <small>6 tartar sauce</small></p> <p style="text-align: center;">Cheeseburger or Hamburger OR Cheese Quesadilla</p> <hr/> <p style="text-align: center;"><small>served with:</small> French fries, beans a la charra, lettuce & tomato cup, fruit of the day, and choice of milk</p>	<p>22</p> <p style="text-align: center;">Beef Lasagna</p> <p style="text-align: center;">Popcorn Chicken OR Potato Wedges con Queso</p> <hr/> <p style="text-align: center;"><small>served with:</small> Whole wheat roll, seasoned corn, celery sticks with ranch dressing, fruit of the day, and choice of milk</p>	<p>23 Breakfast for Lunch Day (Every Thursday)</p> <p style="text-align: center;">Honey Chicken Biscuit</p> <p style="text-align: center;">Hot Dog OR Egg & Cheese Biscuit</p> <hr/> <p style="text-align: center;"><small>served with:</small> Tater tots, steamed broccoli, fruit of the day, and choice of milk</p>	<p>24</p> <p style="text-align: center;">Spaghetti & Meatballs</p> <p style="text-align: center;">Pepperoni Pizza OR Cheese Pizza</p> <hr/> <p style="text-align: center;"><small>served with:</small> Garlic toast, steamed carrots, salad pizzazz, fruit of the day, and choice of milk</p>
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<p>27</p> <p style="text-align: center;">Beef Nachos</p> <p style="text-align: center;">Chicken Nuggets OR Cheese Nachos <small>6 whole wheat hot roll</small></p> <hr/> <p style="text-align: center;"><small>served with:</small> Spanish rice, potato wedges, carrot sticks with ranch dressing, fruit of the day, and choice of milk</p>	<p>28</p> <p style="text-align: center;">Chicken Fajita Taco</p> <p style="text-align: center;">Cheeseburger or Hamburger OR Grilled Cheese Sandwich</p> <hr/> <p style="text-align: center;"><small>served with:</small> Brown rice, sweet potato fries, lettuce & tomato cup, fruit of the day, and choice of milk</p>	<p>29</p> <p style="text-align: center;">BBQ Chicken</p> <p style="text-align: center;">Popcorn Chicken OR Chef P's Mac & Cheese</p> <hr/> <p style="text-align: center;"><small>served with:</small> Whole wheat roll, baked beans, celery sticks with ranch dressing, fruit of the day, and choice of milk</p>	<p>30 Breakfast for Lunch Day (Every Thursday)</p> <p style="text-align: center;">Pancakes & Sausage</p> <p style="text-align: center;">Hot Dog OR Pancakes & Scrambled Eggs</p> <hr/> <p style="text-align: center;"><small>served with:</small> Tater tots, steamed broccoli, fruit of the day, and choice of milk</p>	<p>31</p> <p style="text-align: center;">Fish Sticks <small>6 tartar sauce</small></p> <p style="text-align: center;">Pepperoni Pizza OR Cheese Pizza</p> <hr/> <p style="text-align: center;"><small>served with:</small> Buttered toast, green beans, salad pizzazz, fruit of the day, and choice of milk</p>
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- SALAD OF THE DAY -

CHEF INSPIRED SALADS

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



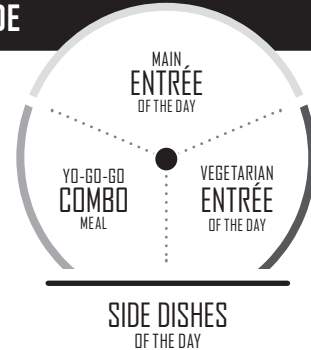
LUNCH MENU GUIDE

- 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).



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!

THE FORT BEND ISD CHILD NUTRITION DEPARTMENT IS STILL PROUD TO PROMOTE

HARVEST OF THE MONTH

AT OUR ELEMENTARY CAMPUSES, BEGINNING IN SEPTEMBER! PLEASE SEE THE CHILD NUTRITION WEBSITE FOR FUN FACTS ABOUT OUR FEATURED MONTHLY PRODUCE!



Look for this symbol every month to find our free sample day.

Find it again for the menu selection which features the local harvest product!

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!