



FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

MIDDLE SCHOOL

LUNCH MENU

JANUARY
2017

HARVEST of the MONTH
TURNIPS

Provided by
FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

JANUARY 2017

Lunch Hours
10:15 a.m. - 1:00 p.m.

Student Prices

Daily.....\$2.50
Daily (Reduced).....\$0.40
Weekly (Reduced).....\$2.00

Adult Prices

Daily.....\$3.25

FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION
MIDDLE 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 tree nut free, peanut-free, 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

[District Holiday]

**Campus
Professional
Learning Day**

3

Chili
Mac
with garlic toast

OR

Spicy Chicken
Sandwich
8 potato wedges

Tostadas

served with:
Steamed broccoli, combination salad,
seasonal fruit of the day,
and choice of milk

4

Popcorn
Chicken

OR

BBQ Riblet
Sandwich
with seasoned fries

Gardenburger

served with:
Seasoned fries, carrot sticks,
steamed rice, crisp salad green,
seasonal fruit, and choice of milk

5

Beef
Enchiladas

OR

Corn
Dog
with crinkle cut fries

Cheese
Enchiladas

served with:
Beans a la charra, garden salad,
seasonal fruit of the day,
and choice of milk

6

Pepperoni
Pizza

OR

Chicken
Fried Steak
Sandwich
8 seasoned
potato wedges

Cheese
Pizza

served with:
Steamed carrot wheels,
combination salad, seasonal fruit,
and choice of milk

9

Fajita
Taco

OR

Cheeseburger
or Hamburger
8 french fries

Cheese
Quesadilla

served with:
Refried beans, lettuce & tomato cup,
carrot sticks with ranch dressing,
seasonal fruit, and choice of milk

10

Spaghetti
& Meatballs
with garlic toast

OR

Spicy Chicken
Sandwich
8 potato wedges

Grilled
Cheese
Sandwich

served with:
Seasoned green beans, salad pizzazz,
seasonal fruit of the day,
and choice of milk

11

Baked
Chicken
8 whole wheat hot roll

OR

BBQ Riblet
Sandwich
with seasoned fries

Bean N
Cheese
Burrito
with salsa

served with:
Steamed brown rice, seasoned corn,
crisp salad green, seasonal fruit,
and choice of milk

12

Chicken Nuggets
with dipping sauce
8 whole wheat hot roll

OR

Corn
Dog
with crinkle cut fries

Cheesy
Broccoli
Mac
8 whole wheat hot roll

served with:
Crinkle cut fries, seasoned carrots,
salad pizzazz, seasonal fruit,
and choice of milk

13

Sloppy
Joe

OR

Chicken
Fried Steak
Sandwich

Gardenburger

served with:
Seasoned potato wedges,
garden salad, steamed broccoli cuts,
seasonal fruit, and choice of milk

16

[National Holiday]

Martin Luther King Day

17

Chicken
Alfredo
with garlic toast

Spicy Chicken
Sandwich
6 potato wedges

OR

Mozzarella
Pizza Stick
with marinara sauce

served with:

Steamed broccoli, crisp salad greens,
seasonal fruit of the day,
and choice of milk

18

BBQ Chicken
6 whole wheat hot roll

BBQ Riblet
Sandwich
with seasoned fries

OR

Bean N
Cheese
Burrito
with salsa

served with:

Seasoned brown rice, carrot wheels,
garden salad, seasonal fruit,
and choice of milk

19

Beef
Enchiladas

Corn
Dog
with crinkle cut fries

OR

Cheese
Enchiladas

served with:

Beans a la charra, fiesta salad,
seasonal fruit of the day,
and choice of milk

20

Chicken Nuggets
with dipping sauce
6 whole wheat hot roll

Chicken
Fried Steak
Sandwich

OR

Tostadas

served with:

Seasoned potato wedges,
combination salad with dressing,
seasonal fruit, and choice of milk

23

Popcorn
Chicken
6 whole wheat hot roll

Cheeseburger
or Hamburger
6 french fries

OR

Bean N
Cheese
Burrito
with salsa

served with:

French fries, carrot sticks,
burger trimmings, seasonal fruit,
and choice of milk

24

Chicken Fried Steak
with Gravy
6 whole wheat hot roll

Spicy Chicken
Sandwich
6 potato wedges

OR

Cheese
Pizza

served with:

Mashed potatoes, lettuce & tomato
cup, seasonal fruit of the day,
and choice of milk

25

Baked
Chicken
6 whole wheat hot roll

BBQ Riblet
Sandwich
with seasoned fries

OR

Gardenburger

served with:

Brown rice, steamed broccoli,
garden salad, seasonal fruit,
and choice of milk

26

Beef
Nachos
with salsa

Corn
Dog
with crinkle cut fries

OR

Vegetarian
Nachos
with salsa

served with:

Spanish rice, refried beans,
steamed carrots, fiesta salad,
seasonal fruit, and choice of milk

27

Chili
Mac

Chicken
Fried Steak
Sandwich
6 seasoned
potato wedges

OR

Toasted
Cheese
Sandwich

served with:

Seasoned green beans, salad pizzazz,
seasonal fruit of the day,
and choice of milk

30

Fajita
Taco

Cheeseburger
or Hamburger
6 french fries

OR

Tamale
Corn
Pie

served with:

Italian tomato wedges,
seasoned green beans, salad pizzazz,
seasonal fruit, and milk

31

Spaghetti
& Meatballs
with garlic toast

Spicy Chicken
Sandwich
6 potato wedges

OR

Mozzarella
Pizza Stick
with marinara sauce

served with:

Seasoned green beans, garden salad,
seasonal fruit of the day,
and choice of milk

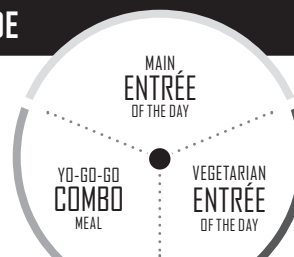
LUNCH MENU GUIDE

- 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

- EVERYDAY ENTREE - CHEF SALAD

A farm-fresh blend of
romaine lettuce, carrots sticks,
diced tomatoes, shredded cheese,
low-fat ham, turkey and hard-
boiled eggs. Served with croutons,
crackers and dressing.



Visit the cafeteria on
Local Harvest Day
January 11th
and receive a free sample
of locally-grown
turnips!



HARVEST of the MONTH **DEEP GROWTH**

Everyone knows "you can't draw blood from a turnip," but how many other notable sayings can you think of in that same botanical vein? Allow motivation to take root with these inspired quotes:

**Thoughts are roots.
Words are leaves.
Actions are fruits.**

ISRAELMORE AYIVOR

**Wonder,
rather than
doubt, is the
root of all
knowledge.**

ABRAHAM HESCHEL



**Humility,
that low,
sweet root,
from which
all heavenly
virtues shoot.**

THOMAS MOORE

**Deep roots are not
reached by the frost.**

J.R.R. TOLKEN

A tree without roots is just a piece of wood.

MARCO PIERRE WHITE

Stewed Turnip Greens

Ingredients:

10 cups turnip greens
1/2 cup olive oil
2 garlic cloves, thinly sliced
1/4 cup water
Salt and pepper to taste

Directions:

Wash and dry turnip greens. Put turnip greens in a saucepan with olive oil, garlic, water, and salt. Cover and cook over medium-low heat until tender, about 40 minutes. Season with pepper.

HARVEST of the MONTH // **TURNIPS**

Fort Bend ISD is proud to serve locally-grown turnips from Central Texas. Turnips are available throughout the year. Always choose smaller turnips that are firm and heavy. Try to find turnips with bright green tops to use in recipes too.

FBISD
INSPIRE • EQUIP • IMAGINE
CHILD NUTRITION

Fort Bend Independent School District
Child Nutrition Department

555 Julie Rivers Dr.
Sugar Land, Texas 77478
(281) 634-1855
www.FortBendISD.com

FBISD is an equal opportunity employer.