

## MONDAY

Our unit breakfast consists of 3 or more components, at least one must be a fruit or vegetable

## TUESDAY

Food Components:  
Meat/Meat Alternate  
Whole Grain  
Fruits  
Vegetables  
Milk

## WEDNESDAY

All breakfast cereals and pastries contain at least 51% whole grain

## THURSDAY

1 Biscuit & Sausage  
or Cereal or  
Mini Waffles  
Fruits & Milk

## FRIDAY

2 Whole Grain Donut  
Cereal or  
Mini Pancakes  
Fruits & Milk

5 French Toast or  
Cereal or  
Mini Pancakes  
Fruits & Milk

6 Chicken & Waffles or  
Cereal or  
Mini Waffles  
Fruits & Milk

7 Breakfast Pizza or  
Cereal or  
Mini Pancakes  
Fruits & Milk

8 Biscuit & Sausage  
or Cereal or  
Mini Waffles  
Fruits & Milk

9 Whole Grain Donut  
Cereal or  
Mini Pancakes  
Fruits & Milk

12 French Toast or  
Cereal or  
Mini Pancakes  
Fruits & Milk

13 Chicken & Waffles or  
Cereal or  
Mini Waffles  
Fruits & Milk

14 Breakfast Pizza or  
Cereal or  
Mini Pancakes  
Fruits & Milk

15 Biscuit & Sausage  
or Cereal or  
Mini Waffles  
Fruits & Milk

16 Whole Grain Donut  
Cereal or  
Mini Pancakes  
Fruits & Milk

19  
Holiday Break

20  
Holiday Break

21  
Holiday Break

22  
Holiday Break

23  


26  
Holiday Break

27  
Holiday Break

28  
Holiday Break

29  
Holiday Break

30  


# DEC

## MENU 2022

### GEAR UP FOR THEATER



Families who think they may qualify for free or reduced priced meals are encouraged to apply [www.schoolcafe.com](http://www.schoolcafe.com)

Meals are Highly Subject to Change due to Ongoing Supply Chain and Staffing Issues

**Student Breakfast:**  
**\$1.50**  
**Adult Breakfast:**  
**\$3.10**

1% White Milk and Fat-Free Chocolate Milk are offered daily at breakfast and lunch



## MONDAY

Our unit lunch consists of 3 or more components, at least one must be a fruit or vegetable

## TUESDAY

Food Components:  
Meat/Meat Alternate  
Whole Grain  
Fruits  
Vegetables  
Milk

## WEDNESDAY

All lunch rolls, tortillas, rice, pastas and other bread items contain at least 51% whole grain.

## THURSDAY

**1** Mac & Cheese or Chicken Nuggets or Chicken Popper Salad  
Vegetables, Fruits  
Milk

## FRIDAY

**2** Cheeseburger or Chicken Corndog or Chicken Popper Salad  
Vegetables, Milk  
Frozen Fun Friday Fruit!

**5** Stuffed Crust Pizza or Chicken Bites  
Fruit & Yogurt Plate  
Vegetables, Fruits  
Milk

**6** Crispy Taco Tuesday or Enchiladas or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**7** Pasta & Meatballs or Cheesy Breadsticks or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**8** Chicken Drumstick or Steak Fingers or Chicken Popper Salad  
Vegetables, Fruits  
Dinner Roll & Milk

**9** Cheeseburger or Turkey Hot Dog or Chicken Popper Salad  
Vegetables, Milk  
Frozen Fun Friday Fruit!

**12** Stuffed Crust Pizza or Chicken Bites  
Fruit & Yogurt Plate  
Vegetables, Fruits  
Milk

**13** Taco Tuesday or Bean & Cheese Pupusa  
Chicken Popper Salad  
Vegetables, Fruits  
Milk

**14** **Holiday Meal!**  
Turkey & Gravy  
Stuffing & Roll  
Mashed Potatoes  
Green Beans, Fruit  
Milk and a Special Treat

**15** Mac & Cheese or Chicken Nuggets or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**16**  
**Early Release**

**19**  
Holiday Break

**20**  
Holiday Break

**21**  
Holiday Break

**22**  
Holiday Break

**23**  


**26**  
Holiday Break

**27**  
Holiday Break

**28**  
Holiday Break

**29**  
Holiday Break

**30**  


# DEC

## MENU 2022

### GEAR UP FOR THEATER



**New Items for November are underlined!**

Peanut Butter & Jelly Sandwich and Grilled Cheese Sandwich are offered daily

Meals are Highly Subject to Change due to Ongoing Supply Chain and Staffing Issues

**Student Lunch:**  
\$2.75  
**Adult Lunch:**  
\$4.60



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Our unit lunch consists of 3 or more components, at least one must be a fruit or vegetable

Food Components:  
Meat/Meat Alternate  
Whole Grain  
Fruits  
Vegetables  
Milk

All lunch rolls, tortillas, rice, pastas and other bread items contain at least 51% whole grain.

1 Breaded Chicken Sandwich or Chicken Popper Salad  
Vegetables, Fruits  
Milk

2 Cheeseburger or Chicken Popper Salad  
Vegetables, Fruits  
Milk

5 Chicken Bites or Fruit & Yogurt Plate  
Vegetables, Fruits  
Milk

6 Mini Corndogs or Chicken Popper Salad  
Vegetables, Fruits  
Milk

7 Cheese Stuffed Breadsticks or Chicken Popper Salad  
Vegetables, Fruits  
Milk

8 Breaded Chicken Sandwich or Chicken Popper Salad  
Vegetables, Fruits  
Milk

9 Cheeseburger or Chicken Popper Salad  
Vegetables, Fruits  
Milk

12 Chicken Bites or Fruit & Yogurt Plate  
Vegetables, Fruits  
Milk

13 Mini Corndogs or Chicken Popper Salad  
Vegetables, Fruits  
Milk

14 Cheese Stuffed Breadsticks or Chicken Popper Salad  
Vegetables, Fruits  
Milk

15 Breaded Chicken Sandwich or Chicken Popper Salad  
Vegetables, Fruits  
Milk

16  
Early Release

19  
Holiday Break

20  
Holiday Break

21  
Holiday Break

22  
Holiday Break

23  


26  
Holiday Break

27  
Holiday Break

28  
Holiday Break

29  
Holiday Break

30  


**DEC**  
**MENU 2022**  
**GEAR UP FOR THEATER**



\*Northpointe Intermediate  
\*Tomball Intermediate

Peanut Butter & Jelly Sandwich and Grilled Cheese Sandwich are offered daily

Meals are Highly Subject to Change due to Ongoing Supply Chain and Staffing Issues

**Student Lunch:**  
**\$2.75**  
**Adult Lunch:**  
**\$4.60**

