



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

## TUESDAY

**1** Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk

## WEDNESDAY

**2** Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk

## THURSDAY

**3** Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk

## FRIDAY

**4** Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk

**7**

Staff Development

**8**

Staff Development

**9** Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk

**10** Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk

**11** Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk

**14** French Toast or Cereal or Mini Pancakes Fruits & Milk

**15** Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk

**16** Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk

**17** Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk

**18** Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk

**21**

**22**

**23**

Thanksgiving Break

**24**

**25**

**28** French Toast or Cereal or Mini Pancakes Fruits & Milk

**29** Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk

**30** Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk

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

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





**New Items for November are underlined!**

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

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

## MONDAY

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

## TUESDAY

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

## WEDNESDAY

**2** Breakfast for Lunch:  
Pancakes Eggs Sausage  
Chicken Popper Salad  
Vegetables, Fruits  
Milk

## THURSDAY

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

## FRIDAY

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

**7**  
Staff Development

**8**  
Staff Development

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

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

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

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

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

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

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

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

21

22

23  
Thanksgiving Break

24

25

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

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

**30** Breakfast for Lunch:  
Pancakes Eggs Sausage  
Chicken Popper Salad  
Vegetables, Fruits  
Milk

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

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





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

\*Northpointe Intermediate  
\*Tomball Intermediate

## MONDAY

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

**10**  
**Staff Development**

**10** Chicken Bites or Fruit & Yogurt Plate  
Vegetables, Fruits  
Milk

**21**

**10** Chicken Bites or Fruit & Yogurt Plate  
Vegetables, Fruits  
Milk

## TUESDAY

**11** Mini Corndogs or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**11**  
**Staff Development**

**11** Mini Corndogs or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**22**

**11** Mini Corndogs or Chicken Popper Salad  
Vegetables, Fruits  
Milk

## WEDNESDAY

**12** Cheese Stuffed Breadsticks or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**12** Cheese Stuffed Breadsticks or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**12** Cheese Stuffed Breadsticks or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**23**  
Thanksgiving Break

**12** Cheese Stuffed Breadsticks or Chicken Popper Salad  
Vegetables, Fruits  
Milk

## THURSDAY

**13** Breaded Chicken Sandwich or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**13** Breaded Chicken Sandwich or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**13** Breaded Chicken Sandwich or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**24**

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

## FRIDAY

**14** Cheeseburger or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**14** Cheeseburger or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**14** Cheeseburger or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**25**

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

