

Tomball Independent School District

PreK Breakfast Menu

JAN

MENU 2023

GEAR UP FOR GYM



Families who think they may qualify for free or reduced priced meals are encouraged to apply 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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Staff Development

3
Staff Development

4 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

5 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

6 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

9 French Toast
100% fruit juice
Low-Fat White Milk

10 Whole Grain Cereal
100% fruit juice
Low-Fat White Milk

11 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

12 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

13 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

16
Martin Luther King, Jr. Holiday

17 Whole Grain Cereal
100% fruit juice
Low-Fat White Milk

18 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

19 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

20 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

23 French Toast
100% fruit juice
Low-Fat White Milk

24 Whole Grain Cereal
100% fruit juice
Low-Fat White Milk

25 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

26 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

27 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

30 French Toast
100% fruit juice
Low-Fat White Milk

31 Whole Grain Cereal
100% fruit juice
Low-Fat White Milk

Our unit breakfast consists of all 3 food components placed on the student's tray

Food Components:
Whole Grain, Fruits,
Milk

1% White Milk is provided daily.

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



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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www.SquareMeals.org

JAN

MENU 2023

GEAR UP FOR
GYM



All 5 food components must be on the tray unless supported by a documented medical or disability need.

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

Student Lunch:
\$2.50
Adult Lunch:
\$4.60

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Staff Development

3
Staff Development

4
Cheesy Breadsticks
Vegetables, Fruit
Milk

5
Steak Fingers
Vegetables, Fruits
Dinner Roll & Milk

6
Cheeseburger
Vegetables, Fruit
Milk

9
Chicken Bites
Vegetables, Fruit
Milk

10
Bean & Cheese Pupusa
Vegetables, Fruit
Milk

11
Fish Sticks
Vegetables, Fruit
Brown Rice & Milk

12
Mac & Cheese
Vegetables, Fruit
Milk

13
Cheeseburger
Vegetables, Fruit
Milk

16
**Martin Luther King, Jr.
Holiday**

17
Crispy Taco Tuesday
Vegetables, Fruit
Milk

18
Cheesy Breadsticks
Vegetables, Fruit
Milk

19
Steak Fingers
Vegetables, Fruits
Dinner Roll & Milk

20
Cheeseburger
Vegetables, Fruit
Milk

23
Chicken Bites
Vegetables, Fruit
Milk

24
Bean & Cheese Pupusa
Vegetables, Fruit
Milk

25 **Breakfast for Lunch!**
Pancakes with
Scrambled Eggs
Hash Brown, Fruit
Milk

26
Mac & Cheese
Vegetables, Fruit
Milk

27
Cheeseburger
Vegetables, Fruit
Milk

30
Pizza
Vegetables, Fruit
Milk

31
Crispy Taco Tuesday
Vegetables, Fruit
Milk

Our lunch meal consists of all 5 food components placed on the student's tray

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.

