

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Staff Development	3 Staff Development	4 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk	5 Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk	6 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk
9 French Toast or Cereal or Mini Pancakes Fruits & Milk	10 Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk	11 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk	12 Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk	13 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk
16 Martin Luther King, Jr. Holiday	17 Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk	18 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk	19 Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk	20 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk
23 French Toast or Cereal or Mini Pancakes Fruits & Milk	24 Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk	25 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk	26 Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk	27 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk
30 French Toast or Cereal or Mini Pancakes Fruits & Milk	31 Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk	Our unit breakfast 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 breakfast cereals and pastries contain at least 51% whole grain



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Bites or Fruit & Yogurt Plate Vegetables, Fruits Milk	3 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	4 Cheese Stuffed Breadsticks or Chicken Popper Salad Vegetables, Fruits Milk	5 Breaded Chicken Sandwich or Chicken Popper Salad Vegetables, Fruits Milk	6 Cheeseburger or Chicken Popper Salad Vegetables, Fruits Milk
9 Chicken Bites or Fruit & Yogurt Plate Vegetables, Fruits Milk	10 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	11 Cheese Stuffed Breadsticks or Chicken Popper Salad Vegetables, Fruits Milk	12 Breaded Chicken Sandwich or Chicken Popper Salad Vegetables, Fruits Milk	13 Cheeseburger or Chicken Popper Salad Vegetables, Fruits Milk
16 Martin Luther King, Jr. Holiday	17 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	18 Cheese Stuffed Breadsticks or Chicken Popper Salad Vegetables, Fruits Milk	19 Breaded Chicken Sandwich or Chicken Popper Salad Vegetables, Fruits Milk	20 Cheeseburger or Chicken Popper Salad Vegetables, Fruits Milk
23 Chicken Bites or Fruit & Yogurt Plate Vegetables, Fruits Milk	24 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	25 Cheese Stuffed Breadsticks or Chicken Popper Salad Vegetables, Fruits Milk	26 Breaded Chicken Sandwich or Chicken Popper Salad Vegetables, Fruits Milk	27 Cheeseburger or Chicken Popper Salad Vegetables, Fruits Milk
30 Chicken Bites or Fruit & Yogurt Plate Vegetables, Fruits Milk	31 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	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.

*Northpointe Intermediate
*Tomball Intermediate

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

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

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New Items for January 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

2
Staff Development

3
Staff Development

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

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

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

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

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

11 Orange Chicken or
Fish Sticks or
Chicken Popper Salad
Vegetables, Fruits
Brown Rice & Milk

12 Mac & Cheese or
Vegan Chicken Nuggets
or Chicken Popper Salad
Vegetables, Fruits
Milk

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

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

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

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

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

20 Cheeseburger or
Chicken Sandwich or
Chicken Popper Salad
Vegetables, Milk
Frozen Fun Friday Fruit!

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

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

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

26 Mac & Cheese or
Vegan Chicken Nuggets
or Chicken Popper Salad
Vegetables, Fruits
Milk

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

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

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

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.

