

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

3 Cheeseburger or Chicken Popper Salad
Vegetables, Fruits
Milk

6 Cheese Stuffed Breadsticks or Fruit & Yogurt Plate
Vegetables, Fruits
Milk

7 Mini Corndogs or Chicken Popper Salad
Vegetables, Fruits
Milk

8 Chicken Bites or Chicken Popper Salad
Vegetables, Fruits
Milk

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

10 Cheeseburger or Chicken Popper Salad
Vegetables, Fruits
Milk

13 Cheese Stuffed Breadsticks or Fruit & Yogurt Plate
Vegetables, Fruits
Milk

14 Mini Corndogs or Chicken Popper Salad
Vegetables, Fruits
Milk

15 Chicken Bites or Chicken Popper Salad
Vegetables, Fruits
Milk

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

17
Staff Development

20
President's Day Holiday

21 Mini Corndogs or Chicken Popper Salad
Vegetables, Fruits
Milk

22 Chicken Bites or Chicken Popper Salad
Vegetables, Fruits
Milk

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

24 Cheeseburger or Chicken Popper Salad
Vegetables, Fruits
Milk

27 Cheese Stuffed Breadsticks or Fruit & Yogurt Plate
Vegetables, Fruits
Milk

28 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.

FEB

MENU 2023

GEAR UP FOR TRACK & FIELD



*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

We are now hiring for kitchen jobs!

- Part-time
- Medical Benefits
- Daytime Schedule
- Holidays off
- Weekends off

<https://tomball.tedk12.com/hire/index.aspx>



MONDAY

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

TUESDAY

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

WEDNESDAY

1 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk

THURSDAY

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

FRIDAY

3 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk

6 French Toast or Cereal or Mini Pancakes Fruits & Milk

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

8 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk

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

10 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk

13 French Toast or Cereal or Mini Pancakes Fruits & Milk

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

15 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk

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

17
Staff Development

20
President's Day Holiday

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

22 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk

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

24 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk

27 French Toast or Cereal or Mini Pancakes Fruits & Milk

28 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

FEB

MENU 2023

GEAR UP FOR TRACK & FIELD



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

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MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

2 Chicken Drumstick or Chicken Tenders or Chicken Popper Salad Vegetables, Fruits Dinner Roll & Milk

FRIDAY

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

6 Orange Chicken or Fish Sticks or Fruit & Yogurt Plate Vegetables, Fruits Brown Rice & Milk

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

8 Stuffed Crust Pizza or Chicken Bites Chicken Popper Salad Vegetables, Fruits Milk

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

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

13 Pasta & Meatballs or Cheesy Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk

14 Chicken Fajita Taco or Enchiladas or Chicken Popper Salad Vegetables, Fruits Milk

15 Stuffed Crust Pizza or Chicken Bites Chicken Popper Salad Vegetables, Fruits Milk

16 Chicken Drumstick or Chicken Tenders or Chicken Popper Salad Vegetables, Fruits Dinner Roll & Milk

17
Staff Development

20
President's Day Holiday

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

22 Stuffed Crust Pizza or Chicken Bites Chicken Popper Salad Vegetables, Fruits Milk

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

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

27 Pasta & Meatballs or Cheesy Breadsticks Or Fruit & Yogurt Plate Vegetables, Fruits Milk

28 Chicken Fajita Taco 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.

FEB

MENU 2023

GEAR UP FOR TRACK & FIELD



New Items for February are underlined!

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

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- Holidays off
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