

# 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](http://www.schoolcafe.com)

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



## 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.

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**New Items for February are underlined!**

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