

## MONDAY

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

## TUESDAY

1% White Milk is  
provided daily

## WEDNESDAY

1 Mini-Pancakes  
Fresh Fruit  
Low-Fat White Milk

## THURSDAY

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

## FRIDAY

3 Whole Grain Cereal  
Chilled Fruit  
Low-Fat White Milk

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

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

8 Mini-Pancakes  
Fresh Fruit  
Low-Fat White Milk

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

10 Whole Grain Cereal  
Chilled Fruit  
Low-Fat White Milk

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

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

15 Mini-Pancakes  
Fresh Fruit  
Low-Fat White Milk

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

17  
**Staff Development**

20  
**President's Day  
Holiday**

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

22 Mini-Pancakes  
Fresh Fruit  
Low-Fat White Milk

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

24 Whole Grain Cereal  
Chilled Fruit  
Low-Fat White Milk

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

28 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

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](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 Lunch:  
\$2.50  
Adult Lunch:  
\$4.60

## TUESDAY

1% White Milk is  
provided daily

## WEDNESDAY

**1**  
Cheesy Breadsticks  
Vegetables, Fruit  
Milk

## THURSDAY

**2**  
Chicken Tenders  
Vegetables, Fruits  
Dinner Roll & Milk

## FRIDAY

**3**  
Chicken Sandwich  
Vegetables, Fruit  
Milk

**6**  
Fish Sticks  
Vegetables, Fruit  
Brown Rice & Milk

**7**  
Bean & Cheese Pupusa  
Vegetables, Fruit  
Milk

**8**  
Chicken Bites  
Vegetables, Fruit  
Milk

**9**  
Mac & Cheese  
Vegetables, Fruit  
Milk

**10**  
Cheeseburger  
Vegetables, Fruit  
Milk

**13**  
Cheesy Breadsticks  
Vegetables, Fruit  
Milk

**14**  
Chicken Fajita Taco  
Vegetables, Fruit  
Milk

**15**  
Pizza  
Vegetables, Fruit  
Milk

**16**  
Chicken Tenders  
Vegetables, Fruits  
Dinner Roll & Milk

**17**  
**Staff Development**

**20**  
**President's Day  
Holiday**

**21**  
Bean & Cheese Pupusa  
Vegetables, Fruit  
Milk

**22**  
Chicken Bites  
Vegetables, Fruit  
Milk

**23**  
Mac & Cheese  
Vegetables, Fruit  
Milk

**24**  
Cheeseburger  
Vegetables, Fruit  
Milk

**27**  
Cheesy Breadsticks  
Vegetables, Fruit  
Milk

**28**  
Chicken Fajita Taco  
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.

# FEB

## MENU 2023

### GEAR UP FOR TRACK & FIELD



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

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Ongoing Supply Chain  
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