

Tomball Independent School District

PreK Breakfast Menu

APR

MENU 2023

GEAR UP FOR
BASKETBALL



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

We are now hiring for kitchen jobs!

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

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

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

MONDAY

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

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

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

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

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

TUESDAY

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

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

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

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

1% White Milk is provided daily

WEDNESDAY

5 Mini Pancakes
Fresh Fruit
Low-Fat White Milk

12 Mini Pancakes
Fresh Fruit
Low-Fat White Milk

19 Mini Pancakes
Fresh Fruit
Low-Fat White Milk

26 Mini Pancakes
Fresh Fruit
Low-Fat White Milk

Our unit breakfast consists of 3 or more components, at least one must be a fruit or vegetable

THURSDAY

6 New! Emoji Waffle & Sausage
100% fruit juice
Low-Fat White Milk

13 New! Emoji Waffle & Sausage
100% fruit juice
Low-Fat White Milk

20 New! Emoji Waffle & Sausage
100% fruit juice
Low-Fat White Milk

27 New! Emoji Waffle & Sausage
100% fruit juice
Low-Fat White Milk

Food Components:
Meat/Meat Alternate
Whole Grain
Fruits
Vegetables & Milk

FRIDAY

7
Good Friday Holiday

14 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

21 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

28 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

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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This institution is an equal opportunity provider.



Updated 4/1/2023
www.SquareMeals.org

APR

MENU 2023

GEAR UP FOR BASKETBALL



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

We are now hiring for kitchen jobs!

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

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MONDAY

3
Teriyaki Chicken
Vegetables, Fruit
Brown Rice & Milk

10
Cheesy Breadsticks
Vegetables, Fruit
Milk

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

24
Cheesy Breadsticks
Vegetables, Fruit
Milk

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

TUESDAY

4
Bean & Cheese Pupusa
Vegetables, Fruit
Milk

11
Taco Tuesday
Vegetables, Fruit
Milk

18
Bean & Cheese Pupusa
Vegetables, Fruit
Milk

25
Taco Tuesday
Vegetables, Fruit
Milk

1% White Milk is
provided daily

WEDNESDAY

5
New! Baja Fish Stix
Vegetables, Fruit
Milk

12
Stuffed Crust Pizza
Vegetables, Fruit
Milk

19
New! Baja Fish Stix
Vegetables, Fruit
Milk

26
Stuffed Crust Pizza
Vegetables, Fruit
Milk

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

THURSDAY

6
Mac & Cheese
Vegetables, Fruit
Milk

13
Chicken Tenders
Vegetables, Fruits
Dinner Roll & Milk

20
Mac & Cheese
Vegetables, Fruit
Milk

27
Chicken Tenders
Vegetables, Fruits
Dinner Roll & Milk

Food Components:
Meat/Meat Alternate
Whole Grain
Fruits
Vegetables & Milk

FRIDAY

7
Staff Development

14
Chicken Sandwich
Vegetables, Fruit
Milk

21
Cheeseburger
Vegetables, Fruit
Milk

28
Chicken Sandwich
Vegetables, Fruit
Milk

All lunch rolls, tortillas,
rice, pastas and other
bread items contain at
least 51% whole grain.



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