Tomball Independent School District

PreK Breakfast Menu

MONDAY

Our unit breakfast consists of all 3 food components placed on the student's tray.

TUESDAY

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

WEDNESDAY

All breakfast cereals and pastries contain at least 51% whole grain. 1% White Milk are offered daily.

THURSDAY

Meals are Subject to Change due to Ongoing Supply Chain and Staffing Issues

FRIDAY

1 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk



MENU 2023



4 Labor Day Holiday **Student Breakfast:** \$1.50

Adult Breakfast: \$3.10

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

Mini-Pancakes Fresh Fruit Low-Fat White Milk 7 Chicken & Waffle 100% fruit juice Low-Fat White Milk 8 Whole Grain Cereal Chilled Fruit Low-Fat White Milk

15 Whole Grain Cereal

Chilled Fruit

Low-Fat White Milk

We are now hiring for kitchen jobs!

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

Visit our website for more details!



ot just a district, a destination.

Mini-Waffles 100% fruit juice Low-Fat White Milk

Mini-Waffles

100% fruit juice

Low-Fat White Milk

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

19 Whole Grain Cereal

100% fruit juice

Low-Fat White Milk

13 Mini-Pancakes Fresh Fruit Low-Fat White Milk

20 Mini-Pancakes

Fresh Fruit

Low-Fat White Milk

14 Chicken & Waffle 100% fruit juice Low-Fat White Milk

21 Chicken & Waffle 100% fruit juice Low-Fat White Milk

22 Whole Grain Cereal Chilled Fruit Low-Fat White Milk

28 Chicken & Waffle 100% fruit juice Low-Fat White Milk

29 Whole Grain Cereal Chilled Fruit Low-Fat White Milk

Mini-Waffles 100% fruit juice Low-Fat White Milk 26 Whole Grain Cereal 100% fruit juice Low-Fat White Milk

27 Mini-Pancakes Fresh Fruit Low-Fat White Milk





18

Tomball Independent School District

PreK Lunch Menu

MONDAY

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

TUESDAY

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

WEDNESDAY

All lunch rolls, tortillas. rice, pastas and breads contain at least 51% whole grain. 1% White Milk offered

THURSDAY

Meals are Subject to Change due to Ongoing Supply Chain and Staffing Issues

FRIDAY

1 Chicken Sandwich Vegetables, Fruits Milk

15 Chicken Sandwich

Vegetables, Fruits

Milk



MENU 2023

STATE FAIR



Families who think they may qualify for free or reduced priced meals can apply at www.schoolcafe.com

Households must reapply every year to maintain free or reduced price meals if eligible

student's account visit: www.schoolcafe.com





To add money to a



TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

This product was funded by USDA. This institution is an equal opportunity provider.

4 Labor Day Holiday **PreK Student Lunch:**

> **Adult Lunch:** \$4.60

\$2.50

- 5 Bean & Cheese Pupusa Vegetables, Fruits Milk
- 6 Chicken Nuggets Vegetables, Fruits Breadstick & Milk
- Vegetables, Fruits Milk
- Baja Fish Sticks Cheeseburger Vegetables, Fruits Milk

11 Cheesy Breadsticks Vegetables, Fruits Milk

18 Teriyaki Chicken

Vegetables, Fruits

Brown Rice & Milk

Taco Tuesday Vegetables, Fruits Milk

19 Bean & Cheese Pupusa

Vegetables, Fruits

Milk

13 Steak Fingers Vegetables, Fruits Dinner Roll & Milk

20 Chicken Nuggets

Vegetables, Fruits

Breadstick & Milk

- 14 Pizza Vegetables, Fruits Milk
 - Baja Fish Sticks Vegetables, Fruits
 - Vegetables, Fruits Milk Milk

- 25 Cheesy Breadsticks Vegetables, Fruits Milk
- Taco Tuesday Vegetables, Fruits Milk
- 27 Steak Fingers Vegetables, Fruits Dinner Roll & Milk
- 28 Pizza Vegetables, Fruits Milk
- 29 Chicken Sandwich Vegetables, Fruits Milk

22 Cheeseburger