

# Tomball Independent School District Intermediate Breakfast Menu

# SEPT

## MENU 2023

### STATE FAIR DALLAS



**We are now hiring for kitchen jobs!**

- Part-time
  - Medical Benefits
  - Daytime Schedule
  - Holidays off
  - Weekends off
- Visit our website for more details!



**TOMBALL**  
INDEPENDENT SCHOOL DISTRICT  
Not just a district, a destination.

## MONDAY

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

## 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 and Fat-Free Chocolate 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

### 4 Labor Day Holiday

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

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

6 Beef & Cheese Kolache  
or Cereal or  
Mini Pancakes  
Fruits & Milk

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

8 Whole Grain Donut  
Cereal or  
Mini Pancakes  
Fruits & Milk

11 Turkey Sausage  
Pancake on a Stick or  
Cereal or  
Mini Pancakes  
Fruits & Milk

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

13 Beef & Cheese Kolache  
or Cereal or  
Mini Pancakes  
Fruits & Milk

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

15 Whole Grain Donut  
Cereal or  
Mini Pancakes  
Fruits & Milk

18 Turkey Sausage  
Pancake on a Stick or  
Cereal or  
Mini Pancakes  
Fruits & Milk

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

20 Beef & Cheese Kolache  
or Cereal or  
Mini Pancakes  
Fruits & Milk

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

22 Whole Grain Donut  
Cereal or  
Mini Pancakes  
Fruits & Milk

25 Turkey Sausage  
Pancake on a Stick or  
Cereal or  
Mini Pancakes  
Fruits & Milk

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

27 Beef & Cheese Kolache  
or Cereal or  
Mini Pancakes  
Fruits & Milk

28 Chicken & Waffle or  
Cereal or  
Mini Waffles  
Fruits & Milk

29 Whole Grain Donut  
Cereal or  
Mini Pancakes  
Fruits & Milk



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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



Food and Nutrition Division  
National School Lunch Program



Updated 9/1/2023  
[www.SquareMeals.org](http://www.SquareMeals.org)

# Tomball Independent School District Intermediate Lunch Menu

# SEPT

## MENU 2023

### STATE FAIR DALLAS



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

To add money to a student's account visit: [www.schoolcafe.com](http://www.schoolcafe.com)



**TOMBALL**  
INDEPENDENT SCHOOL DISTRICT  
Not just a district, a destination.

## MONDAY

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

**4 Labor Day Holiday**  
**Student Lunch:**  
**\$2.75**  
**Adult Lunch:**  
**\$4.60**

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

18 Orange Chicken or Teriyaki Chicken or Chicken Popper Salad  
Vegetables, Fruits  
Brown Rice & Milk

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

## TUESDAY

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

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

12 Taco Tuesday or **New! Tamales** or Chicken Popper Salad  
Vegetables, Fruits  
Milk

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

26 Taco Tuesday or **New! Tamales** or Chicken Popper Salad  
Vegetables, Fruits  
Milk

## WEDNESDAY

1% White Milk and Fat-Free Chocolate Milk are offered daily. All lunch rolls, tortillas, rice, and bread items contain at least 51% whole grain.

6 Mac & Cheese or Chicken Nuggets or Chicken Popper Salad  
Tomato Soup  
Vegetables, Fruits  
Milk

13 Steak Fingers or Chicken Drumsticks or Chicken Popper Salad  
Vegetables, Fruits  
Dinner Roll & Milk

20 Mac & Cheese or Chicken Nuggets or Chicken Popper Salad  
Tomato Soup  
Vegetables, Fruits  
Milk

27 Steak Fingers or Chicken Drumsticks or Chicken Popper Salad  
Vegetables, Fruits  
Dinner Roll & Milk

## THURSDAY

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

7 Pizza Slice or Baja Fish Sticks or Chicken Popper Salad  
Vegetables, Fruits  
Milk

14 Pizza Slice or Chicken Bites or Chicken Popper Salad  
Vegetables, Fruits  
Milk

21 Pizza Slice or Baja Fish Sticks or Chicken Popper Salad  
Vegetables, Fruits  
Milk

28 Pizza Slice or Chicken Bites or Chicken Popper Salad  
Vegetables, Fruits  
Milk

## FRIDAY

1 Cheeseburger or Chicken Sandwich or Chicken Popper Salad  
Vegetables, Fruits  
Milk  
Frozen Friday Fun Treat!

8 Cheeseburger or Corndog or Chicken Popper Salad  
Vegetables, Fruits  
Milk  
Frozen Friday Fun Treat!

15 Cheeseburger or Chicken Sandwich or Chicken Popper Salad  
Vegetables, Fruits  
Milk  
Frozen Friday Fun Treat!

22 Cheeseburger or Corndog or Chicken Popper Salad  
Vegetables, Fruits  
Milk  
Frozen Friday Fun Treat!

29 Cheeseburger or Chicken Sandwich or Chicken Popper Salad  
Vegetables, Fruits  
Milk  
Frozen Friday Fun Treat!



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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



Food and Nutrition Division  
National School Lunch Program



Updated 9/1/2023  
[www.SquareMeals.org](http://www.SquareMeals.org)





Families who think they may qualify for free or reduced priced meals can apply at [www.schoolcafe.com](http://www.schoolcafe.com)

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



**TOMBALL**  
INDEPENDENT SCHOOL DISTRICT  
Not just a district, a destination.

### MONDAY

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

### TUESDAY

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

### WEDNESDAY

1% White Milk and Fat-Free Chocolate Milk are offered daily. All lunch rolls, tortillas, rice, and bread items contain at least 51% whole grain.

### THURSDAY

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

### FRIDAY

1 Cheeseburger or Chicken Popper Salad  
Vegetables, Fruits  
Milk

**4 Labor Day Holiday**  
**Student Lunch:**  
**\$2.75**  
**Adult Lunch:**  
**\$4.60**

5 Mini Corndogs or Chicken Popper Salad  
Vegetables, Fruits  
Milk

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

7 Chicken Bites or Chicken Popper Salad  
Vegetables, Fruits  
Milk

8 Cheeseburger or Chicken Popper Salad  
Vegetables, Fruits  
Milk

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

12 Mini Corndogs or Chicken Popper Salad  
Vegetables, Fruits  
Milk

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

14 Chicken Bites or Chicken Popper Salad  
Vegetables, Fruits  
Milk

15 Cheeseburger or Chicken Popper Salad  
Vegetables, Fruits  
Milk

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

19 Mini Corndogs or Chicken Popper Salad  
Vegetables, Fruits  
Milk

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

21 Chicken Bites or Chicken Popper Salad  
Vegetables, Fruits  
Milk

22 Cheeseburger or Chicken Popper Salad  
Vegetables, Fruits  
Milk

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

26 Mini Corndogs or Chicken Popper Salad  
Vegetables, Fruits  
Milk

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

28 Chicken Bites or Chicken Popper Salad  
Vegetables, Fruits  
Milk

29 Cheeseburger or Chicken Popper Salad  
Vegetables, Fruits  
Milk

