

Tomball Independent School District Intermediate Breakfast Menu

OCT

MENU 2023

BAT BRIDGE AUSTIN



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.



Updated 10/1/2023
www.SquareMeals.org

MONDAY

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

9 Staff Development Student Holiday

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

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

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

TUESDAY

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

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

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

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

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

WEDNESDAY

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

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

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

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

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

THURSDAY

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

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

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

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

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

FRIDAY

6 Staff Development Student Holiday

13 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk

20 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk

27 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk

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



Food and Nutrition Division
National School Lunch Program

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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

Tomball Independent School District Intermediate Lunch Menu

OCT

MENU 2023

•NSLW 2023•



with School Lunch!



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

To add money to a student's account visit: www.schoolcafe.com



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MONDAY

2 Breakfast for Lunch:
Pancakes Eggs Sausage
or Fruit & Yogurt Plate
Vegetables, Fruits
Milk

9 National School
Lunch Week!



16 Orange Chicken or
New! Teriyaki Beef or
Fruit & Yogurt Plate
Vegetables, Fruits
Brown Rice & Milk

23 Pasta & Meatballs
or Cheesy Breadsticks
or Fruit & Yogurt Plate
Vegetables, Fruits
Milk

30 Breakfast for Lunch:
Pancakes Eggs Sausage
or Fruit & Yogurt Plate
Vegetables, Fruits
Milk

TUESDAY

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

10 Taco Tuesday or
Tamales or
Chicken Popper Salad
Vegetables, Fruits
Milk

17 Taco Tuesday or
Cheese Enchiladas or
Chicken Popper Salad
Vegetables, Fruits
Milk

24 Taco Tuesday or
Tamales or
Chicken Popper Salad
Vegetables, Fruits
Milk

31 Taco Tuesday or
Cheese Enchiladas or
Chicken Popper Salad
Vegetables, Fruits
Milk

WEDNESDAY

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

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

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

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

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

THURSDAY

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

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

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

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

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

FRIDAY

6 Texas Farm Fresh
Challenge Month!



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

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

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

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



Food and Nutrition Division
National School Lunch Program

Student Lunch:
\$2.75
Adult Lunch:
\$4.60



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Meals are Subject to
Change due to
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

6 Texas Farm Fresh Challenge Month!



11 National School Lunch Week!

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



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 Whole Grain
 Fruits, Vegetables
 Milk

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