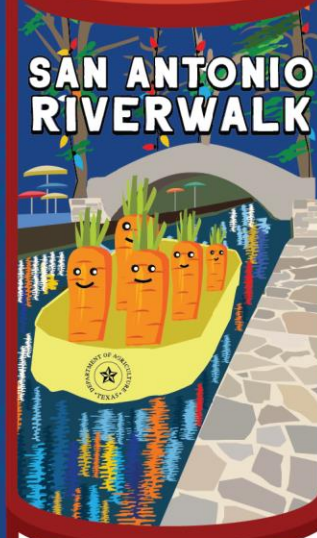


Tomball Independent School District

PreK Breakfast Menu

DEC

MENU 2023



MONDAY

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

TUESDAY

Food Components Required at Breakfast:
Whole Grain Fruits & Milk

WEDNESDAY

All breakfast cereals and pastries contain at least 51% whole grain.

THURSDAY

1% White Milk is offered daily.

FRIDAY

1 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

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

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

6 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

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

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

13 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

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

15 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

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

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

20 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

No School !

No School !

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.

Winter Break

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

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
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This institution is an equal opportunity provider.

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

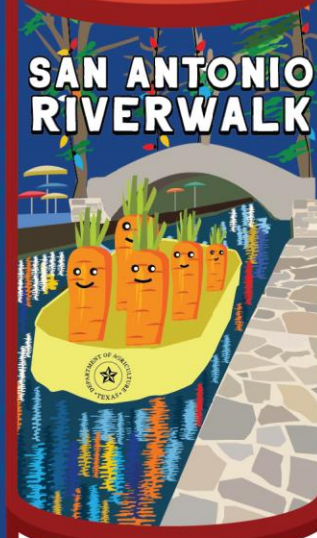

Food and Nutrition Division
National School Lunch Program

Updated 12/1/2022
www.SquareMeals.org



DEC

MENU 2023



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

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



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



Updated 12/1/2022
www.SquareMeals.org

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.

THURSDAY

1% White Milk offered daily.

FRIDAY

1 Cheeseburger
Vegetables, Fruits
Milk

4 Cheesy Breadsticks
Vegetables, Fruits
Milk

5 Taco Tuesday
Vegetables, Fruits
Milk

6 Steak Fingers
Vegetables, Fruits
Dinner Roll & Milk

7 Pizza
Vegetables, Fruits
Milk

8 Chicken Sandwich
Vegetables, Fruits
Milk

11 Teriyaki Beef
Vegetables, Fruits
Brown Rice & Milk

12 Taco Tuesday
Vegetables, Fruits
Milk

13 Chicken Nuggets
Vegetables, Fruits
Breadstick & Milk

14 Baja Fish Sticks
Vegetables, Fruits
Milk

15 Cheeseburger
Vegetables, Fruits
Milk

18 Cheesy Breadsticks
Vegetables, Fruits
Milk

19 Taco Tuesday
Vegetables, Fruits
Milk

20 Early Release !

Pizza Pocket
Vegetables, Fruits
Milk

No School !

No School !

Winter Break



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
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