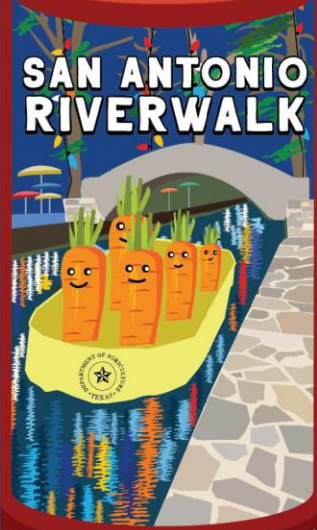


# Tomball Independent School District Intermediate Breakfast Menu

# DEC

**MENU 2023**



**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 12/1/2022  
[www.SquareMeals.org](http://www.SquareMeals.org)

## MONDAY

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

## 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 and Fat-Free Chocolate Milk are offered daily.

## FRIDAY

1 Whole Grain Donut Cereal or Yogurt Meal Kit Fruits & Milk

4 Turkey Sausage Pancake on a Stick or Cereal or Mini Pancake Puffs Fruits & Milk

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

6 Beef & Cheese Kolache or Cereal or Mini Pancake Puffs Fruits & Milk

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

8 Whole Grain Donut Cereal or Yogurt Meal Kit Fruits & Milk

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

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

13 Beef & Cheese Kolache or Cereal or Mini Pancake Puffs Fruits & Milk

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

15 Whole Grain Donut Cereal or Yogurt Meal Kit Fruits & Milk

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

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

20 Beef & Cheese Kolache or Cereal or Mini Pancake Puffs Fruits & Milk

**No School !**

**No School !**

# Winter Break



Food and Nutrition Division  
National School Lunch Program

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



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**COMMISSIONER SID MILLER**

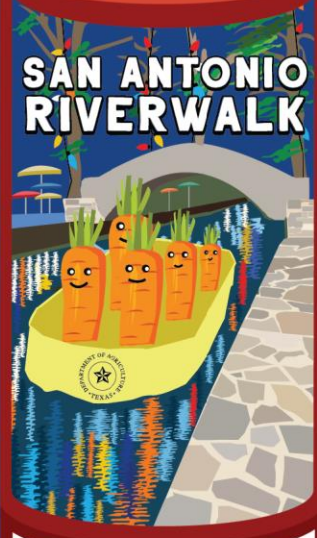
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Meals are Subject to  
Change due to  
Ongoing Supply Chain  
and Staffing Issues

# Tomball Independent School District Intermediate Lunch Menu

# DEC

## MENU 2023



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)



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Updated 12/1/2022  
[www.SquareMeals.org](http://www.SquareMeals.org)

## 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

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

## THURSDAY

1% White Milk and Fat-Free Chocolate Milk offered daily.

## FRIDAY

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

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

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

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

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

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

11 Orange Chicken or Teriyaki Beef or Fruit & Yogurt Plate  
Vegetables, Fruits  
Brown Rice & Milk

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

13 **Holiday Meal!**  
**Turkey & Gravy**  
**Stuffing & Roll**  
**Green Beans, Fruit**  
**Milk**  
**and a Special Treat!**

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

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

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

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

20  
**Early Release !**

**No School !**

**No School !**

# Winter Break

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

  
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Food and Nutrition Division  
National School Lunch Program

**DEC**  
**MENU 2023**

**SAN ANTONIO RIVERWALK**



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)



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Updated 12/1/2022  
[www.SquareMeals.org](http://www.SquareMeals.org)

**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**

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

**THURSDAY**

1% White Milk and Fat-Free Chocolate Milk offered daily.

**FRIDAY**

1 Cheeseburger or Chicken Popper Salad  
Vegetables, Fruits  
Milk

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

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  
Early Release !

**No School !**

**No School !**

*Winter Break*



Food and Nutrition Division  
National School Lunch Program



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