

September 2024 | Intermediate Breakfast



Announcements:

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

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

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

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day Student Breakfast: \$1.50 Adult Breakfast: \$3.10	3 Biscuit & Sausage or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	4 Egg & Cheese Wrap Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	5 Chicken & Waffle or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	6 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk
9 Turkey Sausage Pancake Stick Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	10 Biscuit & Sausage or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	11 Egg & Cheese Wrap Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	12 Chicken & Waffle or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	13 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk
16 Turkey Sausage Pancake Stick Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	17 Biscuit & Sausage or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	18 Egg & Cheese Wrap Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	19 Chicken & Waffle or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	20 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk
23 Turkey Sausage Pancake Stick Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	24 Biscuit & Sausage or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	25 Egg & Cheese Wrap Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	26 Chicken & Waffle or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	27 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk
30 Turkey Sausage Pancake Stick Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk				
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Watermelon

Season in Texas: May - October

Did you know?

You can eat the entire watermelon; some people make sweet pickles out of the rind



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



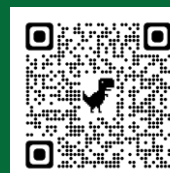
Menus are Subject to Change

Food and Nutrition Division
www.SquareMeals.org



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Updated 6/6/2024

National School Lunch Program

September 2024 | Intermediate Lunch



Announcements:

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

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

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

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day Student Lunch: \$2.75 Adult Breakfast: \$4.60	3 Beef Tamales or Crispy Chicken Tacos or Chicken Popper Salad Vegetables, Fruits Milk	4 Beef Steak Fingers or Chicken Drumsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	5 Pizza Slice or Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	6 Cheeseburger or Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
9 Breakfast for Lunch: French Toast, Eggs, Sausage or Fruit & Yogurt Plate Hashbrowns & Juice, Fruits & Milk	10 Cheese Enchiladas or Chicken Soft Taco or Chicken Popper Salad Vegetables, Fruits Milk	11 Mac & Cheese or Chicken Nuggets or Fruit & Yogurt Plate Tomato Soup, Fruits Vegetables, Milk	12 Pizza Slice or Baja Fish Sticks or Chicken Popper Salad Vegetables, Fruits Milk	13 Cheeseburger or Turkey Hot Dog or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
16 Pasta & Meatballs with Marinara or Cheesy Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits, Milk	17 Beef Tamales or Crispy Chicken Tacos or Chicken Popper Salad Vegetables, Fruits Milk	18 Beef Steak Fingers or Chicken Drumsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	19 Pizza Slice or Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	20 Cheeseburger or Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
23 Breakfast for Lunch: French Toast, Eggs, Sausage or Fruit & Yogurt Plate Hashbrowns & Juice, Fruits & Milk	24 Cheese Enchiladas or Chicken Soft Taco or Chicken Popper Salad Vegetables, Fruits Milk	25 Mac & Cheese or Chicken Nuggets or Fruit & Yogurt Plate Tomato Soup, Fruits Vegetables, Milk	26 Pizza Slice or Baja Fish Sticks or Chicken Popper Salad Vegetables, Fruits Milk	27 Cheeseburger or Turkey Hot Dog or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
30 Pasta & Meatballs with Marinara or Cheesy Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits, Milk				



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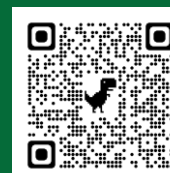
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Updated 6/6/2024
National School Lunch Program

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day Student Lunch: \$2.75 Adult Breakfast: \$4.60	3 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	4 Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits Milk	5 Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	6 Cheeseburger or Fruit & Yogurt Plate Vegetables, Fruits Milk
9 Cheese Stuffed Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	10 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	11 Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits Milk	12 Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	13 Cheeseburger or Fruit & Yogurt Plate Vegetables, Fruits Milk
16 Cheese Stuffed Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	17 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	18 Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits Milk	19 Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	20 Cheeseburger or Fruit & Yogurt Plate Vegetables, Fruits Milk
23 Cheese Stuffed Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	24 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	25 Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits Milk	26 Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	27 Cheeseburger or Fruit & Yogurt Plate Vegetables, Fruits Milk
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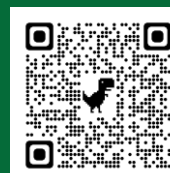


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