

October 2024 | Early Excellence Breakfast



Announcements:

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

Required Daily Breakfast Food Components:
Whole Grain
Fruit
Milk

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

Families who think they may qualify for free or reduced priced meals can apply at 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	Tuesday	Wednesday	Thursday	Friday
1% White Milk offered daily. Student Breakfast: \$1.50 Adult Breakfast: \$3.10	1 Whole Grain Cereal 100% fruit juice Low-Fat White Milk	2 New Egg & Cheese Hashbrown Fresh Fruit Low-Fat White Milk	3 Mini-Waffle 100% fruit juice Low-Fat White Milk	4 Whole Grain Cereal Chilled Fruit Low-Fat White Milk
7 New Mini-Pancakes 100% fruit juice Low-Fat White Milk	8 Whole Grain Cereal 100% fruit juice Low-Fat White Milk	9 New Egg & Cheese Hashbrown Fresh Fruit Low-Fat White Milk	10 Staff Development / Student Holiday	11 Staff Development / Student Holiday
14 Staff Development / Student Holiday	15 Whole Grain Cereal 100% fruit juice Low-Fat White Milk	16 New Egg & Cheese Hashbrown Fresh Fruit Low-Fat White Milk	17 Mini-Waffle 100% fruit juice Low-Fat White Milk	18 Whole Grain Cereal Chilled Fruit Low-Fat White Milk
21 New Mini-Pancakes 100% fruit juice Low-Fat White Milk	22 Whole Grain Cereal 100% fruit juice Low-Fat White Milk	23 New Egg & Cheese Hashbrown Fresh Fruit Low-Fat White Milk	24 Mini-Waffle 100% fruit juice Low-Fat White Milk	25 Whole Grain Cereal Chilled Fruit Low-Fat White Milk
28 New Mini-Pancakes 100% fruit juice Low-Fat White Milk	29 Whole Grain Cereal 100% fruit juice Low-Fat White Milk	30 New Egg & Cheese Hashbrown Fresh Fruit Low-Fat White Milk	31 Mini-Waffle 100% fruit juice Low-Fat White Milk	 <p>Apples Season in Texas: July-November Did you know? There are about 2,500 different kinds of apples grown in the United States</p> 

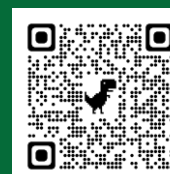


Menus are Subject to Change

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

October 2024 | Early Excellence Lunch



Announcements:

Our unit priced lunch consists of all 5 food components placed on the student's tray

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.

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

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



TOMBALL
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Monday	Tuesday	Wednesday	Thursday	Friday
1% White Milk offered daily. Student Lunch: \$2.50 Adult Breakfast: \$4.60	1 Chicken Quesadilla Vegetables, Fruits Milk	2 Steak Fingers & Roll Vegetables, Fruits Dinner Roll & Milk	3 Mini-Bagel Pizzas Vegetables, Fruits Milk	4 Chicken Sandwich Vegetables, Fruits Milk
7 Breakfast for Lunch! French Toast, Sausage & Scrambled Eggs Hash Browns, Fruit Milk	8 Bean & Cheese Pupusa Vegetables, Fruits Milk	9 Chicken Nuggets Vegetables, Fruits Breadstick & Milk	10 Staff Development / Student Holiday	11 Staff Development / Student Holiday
14 Staff Development / Student Holiday	15 Chicken Quesadilla Vegetables, Fruits Milk	16 Steak Fingers & Roll Vegetables, Fruits Dinner Roll & Milk	17 Mini-Bagel Pizzas Vegetables, Fruits Milk	18 Chicken Sandwich Vegetables, Fruits Milk
21 Breakfast for Lunch! French Toast, Sausage & Scrambled Eggs Hash Browns, Fruit Milk	22 Bean & Cheese Pupusa Vegetables, Fruits Milk	23 Chicken Nuggets Vegetables, Fruits Breadstick & Milk	24 Fish Sticks Vegetables, Fruits Milk	25 Cheeseburger Vegetables, Fruits Milk
28 Cheese Stuffed Breadstick Vegetables, Fruits Milk	29 Chicken Quesadilla Vegetables, Fruits Milk	30 Steak Fingers & Roll Vegetables, Fruits Dinner Roll & Milk	31 Mini-Bagel Pizzas Vegetables, Fruits Milk	 <p>Apples Season in Texas: July-November Did you know? There are about 2,500 different kinds of apples grown in the United States</p> 

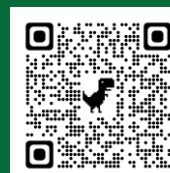


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