

October 2024 |

Elementary 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.

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 and Fat-Free Chocolate Milk are offered daily. Student Breakfast: \$1.50 Adult Breakfast: \$3.10	1 Biscuit & Sausage or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	2 New Egg & Cheese Hashbrown Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	3 New Crispy Breakfast Taco or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	4 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk
7 New Beef & Cheese Kolache or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	8 Biscuit & Sausage or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	9 New Egg & Cheese Hashbrown Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	10 Staff Development / Student Holiday	11 Staff Development / Student Holiday
14 Staff Development / Student Holiday	15 Biscuit & Sausage or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	16 New Egg & Cheese Hashbrown Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	17 New Crispy Breakfast Taco or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	18 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk
21 New Beef & Cheese Kolache or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	22 Biscuit & Sausage or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	23 New Egg & Cheese Hashbrown Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	24 New Crispy Breakfast Taco or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	25 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk
28 New Beef & Cheese Kolache or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	29 Biscuit & Sausage or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	30 New Egg & Cheese Hashbrown Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	31 New Crispy Breakfast Taco or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	



Apples

Season in Texas: July-November

Did you know?

There are about 2,500 different kinds of apples grown in the United States



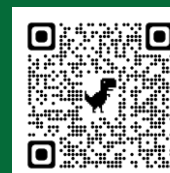
Menus are Subject to Change

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 | Elementary 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.

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



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Monday	Tuesday	Wednesday	Thursday	Friday
1% White Milk and Fat-Free Chocolate Milk are offered daily. Student Lunch: \$2.75 Adult Breakfast: \$4.60	1 New Bean & Cheese Pupusa or Crispy Chicken Tacos or Chicken Popper Salad Vegetables, Fruits Milk	2 Beef Steak Fingers or Chicken Drumsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	3 New 6 Inch Round Pizza or Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	4 Cheeseburger or Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
7 Breakfast for Lunch: French Toast, Eggs, Sausage or Fruit & Yogurt Plate Hashbrowns & Juice, Fruits & Milk	8 Cheese Enchiladas or Chicken Soft Taco or Chicken Popper Salad Vegetables, Fruits Milk	9 Mac & Cheese or Chicken Nuggets or Fruit & Yogurt Plate Tomato Soup, Fruits Vegetables, Milk	10 Staff Development / Student Holiday	11 Staff Development / Student Holiday
14 Staff Development / Student Holiday	15 New Bean & Cheese Pupusa or Crispy Chicken Tacos or Chicken Popper Salad Vegetables, Fruits Milk	16 Beef Steak Fingers or Chicken Drumsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	17 New 6 Inch Round Pizza or Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	18 Cheeseburger or Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
21 Breakfast for Lunch: French Toast, Eggs, Sausage or Fruit & Yogurt Plate Hashbrowns & Juice, Fruits & Milk	22 Cheese Enchiladas or Chicken Soft Taco or Chicken Popper Salad Vegetables, Fruits Milk	23 Mac & Cheese or Chicken Nuggets or Fruit & Yogurt Plate Tomato Soup, Fruits Vegetables, Milk	24 New 6 Inch Round Pizza or Baja Fish Sticks or Chicken Popper Salad Vegetables, Fruits Milk	25 Cheeseburger or Turkey Hot Dog or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
28 Pasta & Meatballs with Marinara or Cheesy Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits, Milk	29 New Bean & Cheese Pupusa or Crispy Chicken Tacos or Chicken Popper Salad Vegetables, Fruits Milk	30 Beef Steak Fingers or Chicken Drumsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	31 New 6 Inch Round Pizza or Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	 Apples Season in Texas: July-November Did you know? There are about 2,500 different kinds of apples grown in the United States

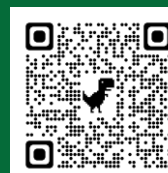


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