

November 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
 <p>Carrots Season in Texas: August - May Did you know? You can eat all parts of the carrot; leaves can be made into pesto or added to a salad, carrot flowers can also be added to salads or turned into jelly, the seeds are used to flavor other foods</p>				<p>1 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk</p>
<p>4 Student Holiday 1% White Milk and Fat-Free Chocolate Milk are offered daily.</p>	<p>5 Student Holiday Voting Day Student Breakfast: \$1.50 Adult Breakfast: \$3.10</p>	<p>6 Egg & Cheese Hashbrown Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk</p>	<p>7 Crispy Breakfast Taco or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk</p>	<p>8 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk</p>
<p>11 Beef & Cheese Kolache or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk</p>	<p>12 New Chicken & Biscuit or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk</p>	<p>13 Egg & Cheese Hashbrown Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk</p>	<p>14 Crispy Breakfast Taco or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk</p>	<p>15 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk</p>
<p>18 Beef & Cheese Kolache or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk</p>	<p>19 New Chicken & Biscuit or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk</p>	<p>20 Egg & Cheese Hashbrown Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk</p>	<p>21 Crispy Breakfast Taco or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk</p>	<p>22 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk</p>
<p>25 Thanksgiving Holiday</p>	<p>26 Thanksgiving Holiday</p>	<p>27 Thanksgiving Holiday</p>	<p>28 Happy Thanksgiving</p>	<p>29 Thanksgiving Holiday</p>

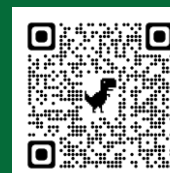


Menus are Subject to Change

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

November 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
 <h3>Carrots</h3> <p>Season in Texas: August - May</p> <p>Did you know? You can eat all parts of the carrot; leaves can be made into pesto or added to a salad, carrot flowers can also be added to salads or turned into jelly, the seeds are used to flavor other foods</p> 				
4 Student Holiday 1% White Milk and Fat-Free Chocolate Milk are offered daily.	5 Student Holiday Voting Day Student Lunch: \$2.75 Adult Breakfast: \$4.60	6 Mac & Cheese or Chicken Nuggets or Fruit & Yogurt Plate Tomato Soup, Fruits Vegetables, Milk	7 6 Inch Round Pizza or Baja Fish Sticks or Chicken Popper Salad Vegetables, Fruits Milk	8 Cheeseburger or Turkey Hot Dog or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
11 Pasta & Meatballs with Marinara or Cheesy Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits, Milk	12 Bean & Cheese Pupusa or Crispy Chicken Tacos or Chicken Popper Salad Vegetables, Fruits Milk	13 Beef Steak Fingers or Chicken Drumsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	14 6 Inch Round Pizza or Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	15 Cheeseburger or Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
18 Breakfast for Lunch: French Toast, Eggs, Sausage or Fruit & Yogurt Plate Hashbrowns & Juice, Fruits & Milk	19 Cheese Enchiladas or Chicken Soft Taco or Chicken Popper Salad Vegetables, Fruits Milk	20 Holiday Meal! Turkey & Gravy & Roll Stuffing, Green Beans, Mashed Potatoes Fruit, Milk and a Special Treat!	21 6 Inch Round Pizza or Baja Fish Sticks or Chicken Popper Salad Vegetables, Fruits Milk	22 Cheeseburger or Turkey Hot Dog or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
25 Thanksgiving Holiday	26 Thanksgiving Holiday	27 Thanksgiving Holiday	28 Happy Thanksgiving	29 Thanksgiving Holiday

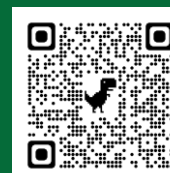


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