

# November 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.

Families who think they may qualify for free or reduced priced meals can apply at [www.schoolcafe.com](http://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 style="text-align: center;"><b>Carrots</b> 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><b>1</b> Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits &amp; Milk</p>
<p><b>4</b> <b>Student Holiday</b>  1% White Milk and Fat-Free Chocolate Milk are offered daily.</p>	<p><b>5</b> <b>Student Holiday</b> Voting Day  Student Breakfast: \$1.50 Adult Breakfast: \$3.10</p>	<p><b>6</b> Egg &amp; Cheese Hashbrown Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits &amp; Milk</p>	<p><b>7</b> Crispy Breakfast Taco or Cereal or Mini Waffles or Yogurt Meal Kit Fruits &amp; Milk</p>	<p><b>8</b> Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits &amp; Milk</p>
<p><b>11</b> Beef &amp; Cheese Kolache or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits &amp; Milk</p>	<p><b>12</b> <b>New</b> Chicken &amp; Biscuit or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits &amp; Milk</p>	<p><b>13</b> Egg &amp; Cheese Hashbrown Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits &amp; Milk</p>	<p><b>14</b> Crispy Breakfast Taco or Cereal or Mini Waffles or Yogurt Meal Kit Fruits &amp; Milk</p>	<p><b>15</b> Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits &amp; Milk</p>
<p><b>18</b> Beef &amp; Cheese Kolache or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits &amp; Milk</p>	<p><b>19</b> <b>New</b> Chicken &amp; Biscuit or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits &amp; Milk</p>	<p><b>20</b> Egg &amp; Cheese Hashbrown Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits &amp; Milk</p>	<p><b>21</b> Crispy Breakfast Taco or Cereal or Mini Waffles or Yogurt Meal Kit Fruits &amp; Milk</p>	<p><b>22</b> Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits &amp; Milk</p>
<p><b>25</b>  Thanksgiving Holiday</p>	<p><b>26</b>  Thanksgiving Holiday</p>	<p><b>27</b>  Thanksgiving Holiday</p>	<p><b>28</b>  Happy Thanksgiving</p>	<p><b>29</b>  Thanksgiving Holiday</p>

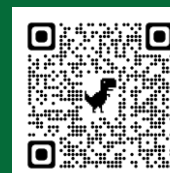


Menus are Subject to Change

Food and Nutrition Division  
[www.SquareMeals.org](http://www.SquareMeals.org)

TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA. This institution is an equal opportunity provider.



Updated 6/6/2024

National School Lunch Program

# November 2024 | Intermediate Lunch



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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.

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 <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> 				
<b>4</b> <b>Student Holiday</b> 1% White Milk and Fat-Free Chocolate Milk are offered daily.	<b>5</b> <b>Student Holiday</b> Voting Day Student Lunch: \$2.75 Adult Breakfast: \$4.60	<b>6</b> Mac & Cheese or Chicken Nuggets or Fruit & Yogurt Plate Tomato Soup, Fruits Vegetables, Milk	<b>7</b> 6 Inch Round Pizza or Baja Fish Sticks or Chicken Popper Salad Vegetables, Fruits Milk	<b>8</b> Cheeseburger or Turkey Hot Dog or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
<b>11</b> Pasta & Meatballs with Marinara or Cheesy Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits, Milk	<b>12</b> Bean & Cheese Pupusa or Crispy Chicken Tacos or Chicken Popper Salad Vegetables, Fruits Milk	<b>13</b> Beef Steak Fingers or Chicken Drumsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	<b>14</b> 6 Inch Round Pizza or Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	<b>15</b> Cheeseburger or Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
<b>18</b> Breakfast for Lunch: French Toast, Eggs, Sausage or Fruit & Yogurt Plate Hashbrowns & Juice, Fruits & Milk	<b>19</b> Cheese Enchiladas or Chicken Soft Taco or Chicken Popper Salad Vegetables, Fruits Milk	<b>20</b> <b>Holiday Meal!</b> <b>Turkey &amp; Gravy &amp; Roll Stuffing, Green Beans, Mashed Potatoes</b> <b>Fruit, Milk and a Special Treat!</b>	<b>21</b> 6 Inch Round Pizza or Baja Fish Sticks or Chicken Popper Salad Vegetables, Fruits Milk	<b>22</b> Cheeseburger or Turkey Hot Dog or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
<b>25</b> Thanksgiving Holiday	<b>26</b> Thanksgiving Holiday	<b>27</b> Thanksgiving Holiday	<b>28</b> Happy Thanksgiving	<b>29</b> Thanksgiving Holiday

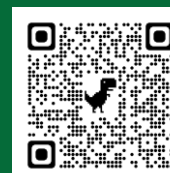


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<b>11</b>  Cheese Stuffed Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	<b>12</b>  Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	<b>13</b>  Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits Milk	<b>14</b>  Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	<b>15</b>  Cheeseburger or Fruit & Yogurt Plate Vegetables, Fruits Milk
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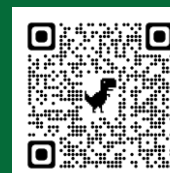


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