

February 2025 | 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

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

Cash or check deposits to meal accounts are always accepted at the school kitchen



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pancake Sausage Wrap or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	4 Chicken & Biscuit or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	5 Breakfast Sausage Pizza Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	6 Chicken & Waffles or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	7 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk
10 Breakfast Sausage Pizza Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	11 Chicken & Biscuit or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	12 New Egg & Cheese Croissant or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	13 Chicken & Waffles or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	14 Staff Development 1% White Milk and Fat-Free Chocolate Milk are offered daily.
17 Presidents Day Holiday Student Breakfast: \$1.50 Adult Breakfast: \$3.10	18 Chicken & Biscuit or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	19 New Egg & Cheese Croissant or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	20 Chicken & Waffles or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	21 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk
24 Breakfast Sausage Pizza Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	25 Chicken & Biscuit or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	26 New Egg & Cheese Croissant or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	27 Chicken & Waffles or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	28 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk



Beets

Season in Texas: January - March; September - November

Did you know?

The main part of the beet that is eaten is the root; you can also eat the greens

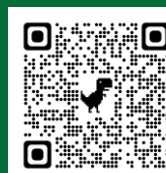


Menus are Subject to Change

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

February 2025 | 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Penne Pasta & Meatballs with Marinara or Cheesy Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits, Milk	4 Bean & Cheese Pupusa or Crispy Chicken Tacos or Chicken Popper Salad Vegetables, Fruits Milk	5 Beef Steak Fingers or Chicken Drumsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	6 6 Inch Round Pizza or Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	7 Cheeseburger or Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
10 Orange Chicken or Eggroll, w/ Stir Fry Rice or Fruit & Yogurt Plate Vegetables, Fruits Milk	11 Cheese Enchiladas or Turkey Soft Taco or Chicken Popper Salad Vegetables, Fruits Milk	12 Valentines Special Meal: Heart Shaped Chicken Nuggets or Mac & Cheese or Fruit & Yogurt Plate Tomato Soup, Fruits, Vegetables Strawberry Milk & Dessert	13 Stuffed Crust Pizza (Cheese & New Pepperoni) or Beef Steak Fingers or Chicken Popper Salad Vegetables, Fruits Milk	14 Valentines Day Staff Development 1% White Milk and Fat-Free Chocolate Milk are offered daily.
17 Presidents Day Holiday Student Lunch: \$2.75 Adult Lunch: \$4.60	18 Bean & Cheese Pupusa or Crispy Chicken Tacos or Chicken Popper Salad Vegetables, Fruits Milk	19 Beef Steak Fingers or Chicken Drumsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	20 Stuffed Crust Pizza (Cheese & New Pepperoni) or Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	21 Cheeseburger or Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!
24 Breakfast for Lunch! Pancakes, New Chicken Patty & New Egg Patty Hash Browns, Fruit Milk	25 Cheese Enchiladas or Turkey Soft Taco or Chicken Popper Salad Vegetables, Fruits Milk	26 Mac & Cheese or Chicken Nuggets or Fruit & Yogurt Plate Tomato Soup, Fruits Vegetables, Milk	27 Stuffed Crust Pizza (Cheese & New Pepperoni) or Beef Steak Fingers or Chicken Popper Salad Vegetables, Fruits Milk	28 Cheeseburger or Corn Dog or Fruit & Yogurt Plate Vegetables, Fruits, Milk Frozen Friday Fun Treat!



Beets

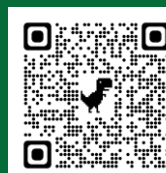
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The main part of the beet that is eaten is the root; you can also eat the greens



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National School Lunch Program

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3 Cheese Stuffed Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	4 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	5 Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits Milk	6 Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	7 Cheeseburger or Fruit & Yogurt Plate Vegetables, Fruits Milk
10 Cheese Stuffed Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	11 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	12 Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits Milk	13 Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	14 Staff Development 1% White Milk and Fat-Free Chocolate Milk are offered daily.
17 Presidents Day Holiday Student Lunch: \$2.75 Adult Lunch: \$4.60	18 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	19 Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits Milk	20 Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	21 Cheeseburger or Fruit & Yogurt Plate Vegetables, Fruits Milk
24 Cheese Stuffed Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	25 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	26 Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits Milk	27 Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	28 Cheeseburger or Fruit & Yogurt Plate Vegetables, Fruits Milk



Beets

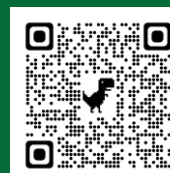
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