

# October 2025 Intermediate Breakfast



Not just a district, a destination.

Monday	Tuesday	Wednesday	Thursday	Friday
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	1 Egg & Cheese Croissant or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	2 Chicken & Waffles or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	3 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk
6 Breakfast Pizza or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	7 Biscuit & Sausage or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	8 Egg & Cheese Croissant or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	9 <b>Staff Development</b>  Student Breakfast: \$1.50 Adult Breakfast: \$3.50	10 <b>Staff Development</b>  1% White Milk and Fat-Free Reduced Sugar Chocolate Milk are offered daily.
13 <b>Staff Development</b>	14 Biscuit & Sausage or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	15 Egg & Cheese Croissant or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	16 Chicken & Waffles or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	17 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk
20 Breakfast Pizza or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	21 Biscuit & Sausage or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	22 Egg & Cheese Croissant or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	23 Chicken & Waffles or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	24 Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk
27 Breakfast Pizza or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	28 Biscuit & Sausage or Whole Grain Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	29 Egg & Cheese Croissant or Whole Grain Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk	30 Chicken & Waffles or Cereal or Mini Waffles or Yogurt Meal Kit Fruits & Milk	Whole Grain Pastry Cereal or Mini Pancakes or Yogurt Meal Kit Fruits & Milk

## Announcements

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

Online deposits to meal accounts can be made at [www.schoolcafe.com](http://www.schoolcafe.com) with a small service fee.

Cash or check deposits to meal accounts are always accepted at the school kitchen with no fee.

Please include child's name and ID number with all cash or check deposits sent to the school cafeteria (preferably in a sealed envelope).

**Each student is given a photo ID badge**

- Required to be used for every food transaction
- Also used when riding the bus!



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Menus are Subject to Change

[www.SquareMeals.org](http://www.SquareMeals.org)



Updated 06/20/25

# October 2025 Intermediate Lunch



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

Monday	Tuesday	Wednesday	Thursday	Friday
Our unit priced lunch consists of 3 or more food components, at least one must be a fruit or vegetable	<b>Food Components:</b> Meat/Meat Alternate Whole Grain Fruits, Vegetables Milk	1 Beef Steak Fingers or Chicken Drumsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	2 Stuffed Crust Pizza (Cheese & Pepperoni) or Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	3 Cheeseburger or Chicken Sandwich or Chicken Popper Salad Vegetables, Fruits, Milk Frozen Friday Fun Treat!
6 Breakfast for Lunch! Pancakes, Sausage & Egg Patty Hash Browns, Fruit <b>Pink Milk Monday!</b>	7 Cheese Quesadilla or <b>New</b> Cheese Enchiladas or Chicken Popper Salad Vegetables, Fruits Milk	8 Mac & Cheese or Chicken Nuggets or Fruit & Yogurt Plate Tomato Soup, Fruits Vegetables, Milk	9 <b>Staff Development</b>  Student Lunch: \$2.75 Adult Lunch: \$5.15	10 <b>Staff Development</b>  1% White Milk and Fat-Free Reduced Sugar Chocolate Milk are offered daily.
13 <b>Staff Development</b>  Peanut Butter & Jelly Sandwich, Grilled Cheese Sandwich available daily	14 Cheese Quesadilla or <b>New</b> Beef Tamales or Chicken Popper Salad Vegetables, Fruits Milk	15 Beef Steak Fingers or Chicken Drumsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	16 <b>New</b> 5" Round Pizza (Cheese & Pepperoni) or Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	17 Cheeseburger or Chicken Sandwich or Chicken Popper Salad Vegetables, Fruits, Milk Frozen Friday Fun Treat!
20 Breakfast for Lunch! Pancakes, Sausage & Egg Patty Hash Browns, Fruit <b>Pink Milk Monday!</b>	21 Cheese Quesadilla or <b>New</b> Cheese Enchiladas or Chicken Popper Salad Vegetables, Fruits Milk	22 Mac & Cheese or Chicken Nuggets or Fruit & Yogurt Plate Tomato Soup, Fruits Vegetables, Milk	23 <b>New</b> 5" Round Pizza (Cheese & Pepperoni) or Steak Fingers or Chicken Popper Salad Vegetables, Fruits Milk	24 Cheeseburger or Corn Dog or Chicken Popper Salad Vegetables, Fruits, Milk Frozen Friday Fun Treat!
27 Beef Meatballs & Marinara and Garlic Toast Cheesy Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits, Milk	28 Cheese Quesadilla or <b>New</b> Beef Tamales or Chicken Popper Salad Vegetables, Fruits Milk	29 Beef Steak Fingers or Chicken Drumsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	30 <b>New</b> 5" Round Pizza (Cheese & Pepperoni) or Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	31 Cheeseburger or Chicken Sandwich or Chicken Popper Salad Vegetables, Fruits, Milk Frozen Friday Fun Treat!

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**Each student is given a photo ID badge**

- Required to be used for every food transaction
- Also used when riding the bus!



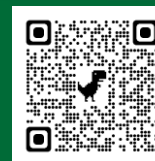
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# October 2025 Intermediate Window Lunch



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6 Cheese Stuffed Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	7 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	8 Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits Milk	9 <b>Staff Development</b>  Student Lunch: \$2.75 Adult Lunch: \$5.15	10 <b>Staff Development</b>  1% White Milk and Fat-Free Reduced Sugar Chocolate Milk are offered daily.
13 <b>Staff Development</b>  Peanut Butter & Jelly Sandwich, Grilled Cheese Sandwich available daily	14 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	15 Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits Milk	16 Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	17 Cheeseburger or Chicken Popper Salad Vegetables, Fruits Milk
20 Cheese Stuffed Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	21 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	22 Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits Milk	23 Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	24 Cheeseburger or Chicken Popper Salad Vegetables, Fruits Milk
27 Cheese Stuffed Breadsticks or Fruit & Yogurt Plate Vegetables, Fruits Milk	28 Mini Corndogs or Chicken Popper Salad Vegetables, Fruits Milk	29 Chicken Sandwich or Fruit & Yogurt Plate Vegetables, Fruits Milk	30 Chicken Bites or Chicken Popper Salad Vegetables, Fruits Milk	31 Cheeseburger or Chicken Popper Salad Vegetables, Fruits Milk

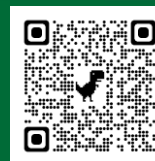


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