Did you know…

- The TISD Child Nutrition Department serves approximately 15,215 lunches, 3,840 breakfasts each day.
- Our staff of 175 is distributed among our 24 school cafeterias.
- Our breakfast and lunch menus, menu analysis, online payment ability, staff email, and nutritional links are posted on the district website at: www.tomballisd.net
- The TISD program is one of less than half of the food service programs across the state that is entirely self-supporting, including salaries. Its sources of income are federal funds, paid student meals, a la carte sales, and adult meals. The program receives no local tax funds (no operational funds from the district). The only school district funds the department receives are for the construction of a cafeteria when a new school is built.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity.
Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.
To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (833) 256-1665 or (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Students perform better in school when they enjoy nutritious meals.

Balancing Calories

- Enjoy your food but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Cafeteria managers can be contacted by email or campus phone number.

www.tomballisd.net/about-tisd/departments/child-nutrition

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TOMBALL
INDEPENDENT SCHOOL DISTRICT
DESTINATION EXCELLENCE

PLATEFUL
TOMBALL ISD
CHILD NUTRITION

SCHOOL MEAL PROGRAM

- Meal Services Provided
- Payment Options
- Free and Reduced meals provided to eligible students

TISD SCHOOL MEAL PROGRAM

Tomball Independent School District, Child Nutrition Department's daily goal is to prepare and serve nutritious meals to all children in Tomball ISD regardless of economic status. We sincerely hope this brochure will answer any questions parents may have regarding the meals available to students.

Nutrient Standards of Meals

Today's school breakfast and lunch are both designed to meet stringent national standards. These nutritional guidelines require that school meals provide specific amounts of calories, protein, types of vegetables (green, orange/red, legumes, starch, & other) fruit, whole grains, and low-fat/fat free milk. In addition, meals are lower in sodium and cholesterol and higher in fiber than in the past. Today, our students must choose a fruit or vegetable with their meal to receive the unit price. Our Assistant Director/Registered Dietitian plans and analyzes all menus, approved by the Director.

Meals Offered

Breakfast and lunch are offered daily at each school. Elementary schools are offered several entrée choices for each lunch service, along with nutritious side items and a la carte snack choices, including bottled water. Monthly Menus are posted online, and additionally on Peach Jar for elementary, to help parents and students plan ahead for their breakfast and lunch.

Our **High School** cafeterias have multiple lines with three different concepts with daily choices of:

Top Cat Cafe – Serves a traditional hot lunch as well as international offerings and a salad bar concept on rotating days.
Italian Harvest – Offers a selection of pizza daily.
Hot Basket Express – Serves a variety of burgers/hot sandwich baskets and snack items.
*Tomball Star Academy's menu is tailored from the concepts above. Please visit our website for detailed HS and Star Academy Menus.

Our **Junior High** cafeterias have a similar selection.

Top Cat Cafe – Serves a variety of traditional and international choices on two separate serving lines.
Hot Basket Express– Serves a variety of burgers/hot sandwich baskets, pizza, and snack items.

Meal Prices 2025-26

Breakfast Prices:		Lunch Prices:	
PreK	$1.50	PreK	$2.50
Elem/Int.	$1.50	Elem/Int.	$2.75
JH	$1.75	JH	$3.00, $3.50
HS	$2.00	HS	$3.25, $3.75, $4.00
Adults	$3.50	Adults	$5.15, $5.65, $5.90

USDA regulations require that adult servings be no more than those portions served to High School students. Adult meal prices are higher because there is no food commodity or federal reimbursement given for adult meals. Changes to adult prices occur when USDA adult pricing formula requires an increase for compliance.

Payment Procedures

Money may be deposited into student accounts with cash, check, or online, www.schoolcafe.com OR download the School Café app to your Smart Phone. Advanced payment is not necessary. However, this process is convenient for parents, and a child is always ensured a nutritious cafeteria breakfast and lunch.

Student Charges (Borrowing/Grace Period)

Students may charge meals up to the **value** of two breakfasts and two lunches.
(Elem/Int. – $8.50, JH - $9.50, HS - $10.50)
An automated phone call and email occurs when a negative balance appears on a student's account. If a student account exhausts the grace period/charge limit, the student must select a peanut butter and jelly or toasted cheese sandwich entree for lunch and/or a cereal entrée for breakfast until the negative balance is paid. A la Carte items are not available for charging.

Free/Reduced-Priced Meal Program

During annual student enrollment, families are notified about the application process for participation in the free/reduced-priced breakfast and lunch program. Parents are also encouraged to complete a free/reduced-priced meal application at any time during the school year if economic hardships exist. Applications expire each year. Applications can be submitted online, www.schoolcafe.com OR through the School Café App, to determine if benefits are required. Eligibility decisions are based on federally established income and household size guidelines without regard to race, sex, color, national origin, age, or disability.