

HUMBLE ISD ELEMENTARY K-5TH LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FOOD ALLERGY NOTE

We do not serve peanut products in elementary schools, but we cannot guarantee that foods we purchase have not been in contact with nuts during manufacturing.

Choice of milk w/ meals:
1% unflavored (G) OR Nonfat flavored (G)

"Eat Smart" Every Day!
(G) = GO! Foods to Eat Often
(S) = Slow! Foods to Eat Sometimes
(W) = Whoa! Foods to Eat Less Often

1st **Hamburger/Cheeseburger (S)**
OR Breaded Chicken Sandwich (S)
OR
Chicken Fajita Salad (G)
Oven Baked Fries (S)
Normandy Vegetable Blend (G)
Fresh Fruit (G)
Dried Fruit (G)

2nd ***Pork Pepperoni Pizza (S)**
OR Cheese Pizza (S)
OR Fish Sticks w/ Roll (G)
OR Yogurt, Grahams, Cheese & Fruit Box (G)
Seasoned Green Beans (G)
Whole Kernel Corn (G)
Fresh Fruit (G)
Applesauce (G)

5th **NO SCHOOL**
LABOR DAY HOLIDAY

6th **Frito Pie (S)**
OR Chicken & Cheese Taquitos (S)
OR Turkey & Cheese Sandwich (G)
Chili Beans (S)
Pacific Vegetable Medley (G)
Fresh Fruit (G)
Chilled Pear Cup (G)

7th **Popcorn Chicken (S)**
OR Tangerine Chicken w/ Fried Rice (S)
OR Grilled Chicken Salad (S)
Edamame Vegetable Blend (G)
Fresh Baby Carrots (G)
Fresh Fruit (G)
Dried Fruit (G)

8th **Pizza Cheese Sticks (S)**
OR Breaded Chicken Drumstick w/ Biscuit (S)
OR Chicken Bacon Ranch Wrap (G)
Steamed Broccoli w/ Cheese (G)
Mashed Potatoes (S)
Fresh Fruit (G)
Applesauce (G)

9th **Breakfast for Lunch**
French Toast Sticks (S)
OR Sausage, Egg (Optional), & Cheese Sandwich (S)
OR Fruit, Granola & Yogurt Parfait (G)
Hash Brown Rounds (S)
100% Vegetable & Fruit Juice Blend (G)
Fresh Fruit (G)
Chilled Peaches (G)

12th **Pasta w/ Meatballs (G)**
OR Chicken Nuggets (S)
OR Cobb Salad (G)
Glazed Carrots (S)
Fresh Broccoli Florets (G)
Fresh Apple Slices (G)
Chilled Mixed Fruit Cup (G)

13th **Beef Nachos (S) OR**
*** Pork Carnitas Street Tacos (S)**
OR Turkey & Cheese Sandwich (G)
Pacific Vegetable Blend (G)
Seasoned Pinto Beans (G)
Fresh Fruit (G)
Chilled Pears (G)

14th **Pizza Cheese Sticks (S) OR**
***BBQ Baked Potato w/ Pork (Optional) And Biscuit (S)**
OR Popcorn Chicken Salad (G) w/Biscuit (S)
Steamed Broccoli w/ Cheese (G)
Baked Beans (S)
Fresh Fruit (G)
100% Fruit Juice Slushie (G)

15th **Hamburger/Cheeseburger (S)**
OR Mashed Potato Bowl w/ Popcorn Chicken (S)
OR SunButter & Jelly Sandwich (G)
Lettuce & Tomato (G)
Oven Baked Fries (S)
Fresh Baby Carrots (G)
Fresh Fruit (G)
Dried Cranberries (G)

16th ***Pork Pepperoni Pizza (S)**
OR Cheese Pizza (S)
OR Breaded Chicken Sandwich (G)
OR Muffin, Cheese & Fruit Box (G)
Normandy Vegetable Blend (G)
Sweet Potato Fries (S)
Fresh Fruit (G)
Chilled Peaches (G)

19th **ELEMENTARY**
FULL DAY RELEASE

20th **Pizza Cheese Sticks (S)**
OR Tangerine Chicken (S) w/ Vegetable Fried Rice (S) & Breadstick (G)
OR Chef Salad w/ Breadstick (G)
Edamame Veggie Blend (G)
Fresh Baby Carrots (G)
Fresh Fruit (G)
Chilled Pears (G)

21st **Hamburger/Cheeseburger (S)**
OR Beef & Cheese Burrito (S)
OR Turkey Ham & Cheese Sandwich (G)
Lettuce & Tomato (G)
Baked Beans (S)
Oven Baked Fries (S)
Fresh Fruit (G)
Dried Cranberries (G)

22nd ***Pork Pepperoni Pizza (S)**
OR Cheese Pizza (S)
OR Pasta & Meatballs w/ Breadstick (G)
OR Grilled Chicken Salad w/ Breadstick (G)
Glazed Carrots (S)
Fresh Broccoli Florets (G)
Fresh Fruit (G)
Mixzee's Dried Fruit Trail Mix (G)

23rd **Chicken Nuggets (S) w/ Roll (G)**
OR Chicken Fried Steak (S) w/ Roll (G)
OR Turkey & Cheese Munchbox (S)
Steamed Broccoli w/ Cheese (G)
Mashed Potatoes (S)
Fresh Fruit (G)
Applesauce (G)

26th **Mini Corn Dogs (S)**
OR Chicken Tenders (S) w/ Roll (G)
OR Cobb Salad w/ Roll (G)
Mashed Potatoes (S)
Pacific Vegetable Blend (G)
Fresh Apple Slices (G)
Chilled Mixed Fruit (G)

27th **Beef Corn Chip Pie (S) w/ Roll (G)**
OR Cheese Enchiladas w/ Roll (S)
OR Turkey & Cheese Sandwich (G)
Taco Fiesta Beans (S)
Fresh Broccoli Florets (G)
Fresh Fruit (G)
Chilled Pears (G)

28th **Chicken Bites (S)**
OR Macaroni & Cheese (S)
OR *Pizza Salad (S)
Seasoned Green Beans (G)
Oven Baked Potato Smiles (S)
Fresh Fruit (G)
Mixzee's Dried Fruit Trail Mix (G)
Breadstick (G)

29th **Pizza Cheese Sticks (S) OR**
Mashed Potato Bowl w/ Popcorn Chicken (S) & Roll (G)
OR SunButter & Jelly Sandwich (G)
Steamed Broccoli w/ Cheese (G)
Fresh Baby Carrots (G)
Fresh Fruit (G)
Dried Cranberries (G)

30th **Hamburger/Cheeseburger (S)**
OR Turkey Hot Dog (S) OR
Muffin, Yogurt & Fruit Box (G)
Oven Baked Fries (S)
Baked Beans (S)
Fresh Fruit (G)
Chilled Peaches (G)

SEPT MENU 2022

GEAR UP FOR DANCE



Meal Prices SY 22-23

Student Breakfast: \$1.50
Reduced Price Breakfast: \$0.30
Student Lunch: \$2.50
Reduced Price Lunch: \$0.40
Adult Breakfast: \$2.75
Adult Lunch: \$4.25

Notice About Supply Chain Issues

The restaurant supply chain is continuing to suffer delays and shortages across the country.

We apologize in advance if a posted menu is unavailable or changes at the last minute. We will always have a replacement item, and we will do everything we can to ensure our students have plenty of options to choose from.



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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www.SquareMeals.org