

Humble ISD Child Nutrition Services 2019-2020 High School Homestyle Cafe



*View menus and nutrition information for all breakfast and lunch items on www.schoolcafe.com/humbleisd
or download the School Cafe app for smartphones!

WEEK OF:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 12 Sept 3 Sept 23 Oct 21 Nov 11 Dec 9 Jan 13 Feb 10 Mar 2 Mar 30 Apr 20 May 11	CHICKEN NUGGETS W/ GARLIC BREADSTICK	CHICKEN TENDERS W/ GARLIC BREADSTICK	CHICKEN NUGGETS W/ BISCUIT	CHICKEN RINGS W/ GARLIC BREADSTICK	CHICKEN RINGS W/ GARLIC BREADSTICK
	OR	OR	OR	OR	OR
	BEEF STEAK FINGERS W/ GARLIC BREADSTICK	CHICKEN FRIED STEAK W/ GARLIC BREADSTICK	BEEF STEAK FINGERS W/ BISCUIT	CHICKEN FRIED STEAK W/ GARLIC BREADSTICK	BREADED FISH FILET & CHEESE SANDWICH
	OR	OR	OR	OR	OR
	CHEESE ENCHILADAS W/ GARLIC BREADSTICK	HONEY SRIRACHA CHICKEN & CHOW MEIN NOODLES W/ GARLIC BREADSTICK	BREADED CHICKEN DRUMSTICK W/ BISCUIT	PORK BBQ SANDWICH	TERIYAKI CHICKEN & RICE W/ GARLIC BREADSTICK
	SCALLOPED POTATO CASSEROLE	MASHED POTATOES	MASHED POTATOES	MASHED POTATOES	MASHED SWEET POTATOES
	FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD	FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD	FRESH CARROT & CELERY STICKS	FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD	FRESH BROCCOLI, CARROT & CRANBERRY SALAD
	REFRIED BEANS				STEAMED SPINACH
	SALSA	NORMANDY BLEND VEGETABLES	STEAMED BROCCOLI W/ CHEESE	GLAZED CARROTS	
	FRESH APPLE WEDGES	CHILLED DICED PEAR CUP	APPLESAUCE CUP	CHILLED DICED PEACH CUP	CHILLED PINEAPPLE TIDBITS
	CHILLED MIXED FRUIT CUP	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
	KETTLECORN	CHEEZ-ITS	QUAKER GRANOLA BAR	MUNCHIES SNACK MIX	CINNAMON TOAST CRUNCH CEREAL BAR
WEEK OF:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 19 Sept 9 Sept 30 Oct 28 Nov 18 Dec 16 Jan 21 Mar 16 Apr 6 Apr 27 May 18	CHICKEN NUGGETS W/ GARLIC BREADSTICK	CHICKEN TENDERS W/ GARLIC BREADSTICK	CHICKEN NUGGETS W/ GARLIC BREADSTICK	CHICKEN RINGS W/ BISCUIT	CHICKEN RINGS W/ GARLIC BREADSTICK
	OR	OR	OR	OR	OR
	BEEF STEAK FINGERS W/ GARLIC BREADSTICK	CHICKEN FRIED STEAK W/ GARLIC BREADSTICK	BEEF STEAK FINGERS W/ GARLIC BREADSTICK	BREADED CHICKEN DRUMSTICK W/ BISCUIT	FISH NUGGETS W/ GARLIC BREADSTICK
	OR	OR	OR	OR	OR
	THAI SWEET CHILI CHICKEN & RICE W/ GARLIC BREADSTICK	CHICKEN PASTA ALFREDO W/ GARLIC BREADSTICK	BBQ BAKED POTATO W/ SHREDDED CHEESE & ROLL	BEEF NACHOS W/ BISCUIT	TANGERINE CHICKEN & CHOW MEIN NOODLES W/ GARLIC BREADSTICK
	MASHED POTATOES	MASHED POTATOES	MASHED POTATOES	MASHED POTATOES	MASHED SWEET POTATOES
	FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD	FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD	FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD	FRESH CARROT & CELERY STICKS	FRESH BROCCOLI, CARROT & CRANBERRY SALAD
		RANCH BEANS			
	STEAMED BROCCOLI W/CHEESE	BABY CARROTS	GLAZED CARROTS	WHOLE KERNEL CORN	EDAMAME BLEND VEGETABLES
	FRESH APPLE WEDGES	CHILLED DICED PEAR CUP	APPLESAUCE CUP	CHILLED DICED PEACH CUP	CHILLED PINEAPPLE TIDBITS
	CHILLED MIXED FRUIT CUP	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
	KETTLECORN	CHEEZ ITS	QUAKER GRANOLA BAR	MUNCHIES SNACK MIX	CINNAMON TOAST CRUNCH CEREAL BAR
WEEK OF:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 26 Sept 16 Oct 14 Nov 4 Dec 2 Jan 7 Jan 27 Feb 24 Mar 23 Apr 13 May 4 May 26	CHICKEN NUGGETS W/ GARLIC BREADSTICK	CHICKEN TENDERS W/ GARLIC BREADSTICK	CHICKEN NUGGETS W/ CORN BREAD MINI LOAF	CHICKEN RINGS W/ GARLIC BREADSTICK	CHICKEN RINGS W/ GARLIC BREADSTICK
	OR	OR	OR	OR	OR
	TACO SNACK W/ CHEESE SAUCE W/ GARLIC BREADSTICK	CHEESE ENCHILADAS W/ GARLIC BREADSTICK	BEEF STEAK FINGERS W/ CORN BREAD MINI LOAF	CHICKEN FRIED STEAK W/ GARLIC BREADSTICK	FISH NUGGETS W/ GARLIC BREADSTICK
	OR	OR	OR	OR	OR
	TANGERINE CHICKEN & RICE W/ GARLIC BREADSTICK	TERIYAKI CHICKEN STIR FRY & CHOW MEIN NOODLES W/ GARLIC BREADSTICK	GUMBO & RICE W/ CORN BREAD MINI LOAF	PASTA & MEATBALLS W/ GARLIC BREADSTICK	KING RANCH CHICKEN W/ GARLIC BREADSTICK
	MASHED POTATOES	MASHED SWEET POTATOES	MASHED POTATOES	MASHED POTATOES	MASHED POTATOES
	FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD	FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD	FRESH CARROT & CELERY STICKS	FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD	FRESH BROCCOLI, CARROT & CRANBERRY SALAD
	GLAZED CARROTS				
		REFRIED BEANS			
		STEAMED BROCCOLI W/ CHEESE	GREEN BEANS	BABY CARROTS	
	BAKED BEANS	SALSA			WHOLE KERNEL CORN
	FRESH APPLE WEDGES	CHILLED DICED PEAR CUP	APPLESAUCE CUP	CHILLED DICED PEACH CUP	CHILLED PINEAPPLE TIDBITS
CHILLED MIXED FRUIT CU	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	
KETTLECORN	CHEEZ ITS	QUAKER GRANOLA BAR	MUNCHIES SNACK MIX	CINNAMON TOAST CRUNCH CEREAL BAR	

CHOICE OF MILK WITH EVERY MEAL. MENU SUBJECT TO CHANGE BASED ON AVAILABILITY.

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