

# Humble ISD Child Nutrition Services

## 2019-2020 High School Grab N' Go



\*View menus and nutrition information for all breakfast and lunch items on [www.schoolcafe.com/humbleisd](http://www.schoolcafe.com/humbleisd) or download the School Cafe app for smartphones!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PIZZA CHEESE STICKS W/ MARINARA SAUCE	PIZZA CHEESE STICKS W/ MARINARA SAUCE	PIZZA CHEESE STICKS W/ MARINARA SAUCE	PIZZA CHEESE STICKS W/ MARINARA SAUCE	PIZZA CHEESE STICKS W/ MARINARA SAUCE
OR	OR	OR	OR	OR
BONELESS CHICKEN HOT WINGS W/ BISCUIT	POPCORN CHICKEN SMACKERS W/ BISCUIT	BONELESS CHICKEN HOT WINGS W/ ROLL	CHICKEN TENDERS W/ ROLL	BONELESS CHICKEN HOT WINGS W/ ROLL
	OR	OR	OR	OR
OR	TURKEY BACON CHEESEBURGER	BBQ RIBLET SANDWICH	TANGERINE CHICKEN & RICE W/ ROLL	MINI CORN DOGS W/ ROLL
OR	OR	OR	OR	OR
SUPREME CHICKEN SANDWICH	SUPREME CHICKEN SANDWICH	SUPREME CHICKEN SANDWICH	SUPREME CHICKEN SANDWICH	SUPREME CHICKEN SANDWICH
OR	OR	OR	OR	OR
SPICY CHICKEN SANDWICH	SPICY CHICKEN SANDWICH	SPICY CHICKEN SANDWICH	SPICY CHICKEN SANDWICH	SPICY CHICKEN SANDWICH
THIN CUT FRIES	SEASONED SPIRAL FRIES	SEASONED POTATO WEDGES	THIN CUT FRIES	THIN CUT FRIES
FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD	FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD	"DRAGON PUNCH" VEGETABLE JUICE	FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD	"DRAGON PUNCH" VEGETABLE JUICE
BABY CARROTS	BABY CARROTS	SEASONED PINTO BEANS	FRESH CARROT & CELERY STICKS	FRESH CARROT & CELERY STICKS
CHILLED MIXED FRUIT CUP	DRIED CRANBERRIES	APPLESAUCE CUP	DRIED FRUIT MIX (PINEAPPLES, RAISINS, GOLDEN RAISINS, CRANBERRIES, APPLES)	CHILLED DICED PEACH CUP
FRESH APPLE WEDGES	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
KETTLECORN	BBQ BAKED LAYS CHIPS	QUAKER GRANOLA BAR	MUNCHIE'S SNACK MIX	CINNAMON TOAST CRUNCH CEREAL BAR
CHOICE OF MILK WITH EVERY MEAL. MENU SUBJECT TO CHANGE BASED ON AVAILABILITY.				

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