

Humble ISD Child Nutrition Services

2019-2020 High School Subs, Salad, Soups & More



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TURKEY BREAST W/ CHEESE SUB	NEW TURKEY BREAST & CHEESE WRAP	TURKEY BREAST W/ CHEESE SUB	NEW TURKEY BREAST & CHEESE WRAP	TURKEY BREAST W/ CHEESE SUB
OR	OR	OR	OR	OR
TURKEY HAM W/ CHEESE SUB	NEW TURKEY HAM & CHEESE WRAP	TURKEY HAM W/ CHEESE SUB	! NEW TURKEY HAM & CHEESE WRAP	TURKEY HAM W/ CHEESE SUB
OR	OR	OR	OR	OR
VEGETARIAN SUB	VEGETARIAN WRAP	VEGETARIAN SUB	VEGETARIAN WRAP	VEGETARIAN SUB
OR	OR	OR	OR	OR
TUNA SALAD SUB	SPICY CHICKEN SUB	TUNA SALAD SUB	SPICY CHICKEN SUB	SPICY CHICKEN SUB
OR	OR	OR	OR	OR
SPICY CHICKEN SUB	BUILD YOUR OWN BEEF TACO BOWL SALAD	SPICY CHICKEN SUB	BUILD YOUR OWN BEEF TACOS	BUILD YOUR OWN CHICKEN FAJITA TACO BOWL SALAD
OR	OR	OR		
BROCCOLI & CHEESE SOUP W/ GARLIC BREADSTICK	POPCORN CHICKEN SALAD W/ CRACKERS	PHILLY CHEESESTEAK SUB		
OR	OR	OR		
		POPCORN CHICKEN SALAD W/ CRACKERS		
			"CREATION STATION" (BUILD YOUR OWN SIDE SALAD)	
FRESH SPINACH/ROMAINE/TOMATO/CARROT SIDE SALAD	FRESH BABY CARROTS	FRESH SPINACH/ROMAINE/TOMATO/CARROT SIDE SALAD	FRESH BABY CARROTS	FRESH BROCCOLI, CARROT & CRANBERRY SALAD
WHOLE KERNEL CORN	TACO FIESTA BLACK BEANS	FRESH CARROT & CELERY STICKS	REFRIED BEANS	SEASONED PINTO BEANS
CHILLED MIXED FRUIT	DRIED CRANBERRIES	APPLESAUCE CUP	DRIED FRUIT MIX (PINEAPPLES, RAISINS, GOLDEN RAISINS, CRANBERRIES, APPLES))	CHILLED PINEAPPLE TIDBITS
FRESH APPLE WEDGES	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
BAKED POTATO CHIPS	BAKED POTATO CHIPS	BAKED POTATO CHIPS	BAKED POTATO CHIPS	BAKED POTATO CHIPS
SELF SERVE TOPPING VEGETABLES (LETTUCE, TOMATO, JALAPENOS, BELL PEPPER, & ONION) OFFERED DAILY. THURSDAYS - DAILY SELF SERVE TOPPINGS PLUS FRESH BROCCOLI FLORETS, SHREDDED CARROTS, AND SPINACH AVAILABLE ON MINI SALAD BAR CHOICE OF MILK WITH EVERY MEAL. MENU SUBJECT TO CHANGE BASED ON AVAILABILITY.				

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