

Humble ISD Child Nutrition Services 2020-2021 Middle School Grab N' Go



*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
PEPPERONI OR CHEESE PIZZA (S)	PIZZA CHEESE STICKS (S) W/ MARINARA SAUCE (S)	PEPPERONI OR CHEESE PIZZA (S)	PIZZA CHEESE STICKS (S) W/ MARINARA SAUCE (S)	PEPPERONI OR CHEESE PIZZA (S)
OR	OR	OR	OR	OR
POPCORN CHICKEN SMACKERS (S) W/ ROLL (S)	CHICKEN TENDERS (S) W/ ROLL (S)	BONELESS HOT CHICKEN WINGS (S) W/ ROLL (S)	CHEESEBURGER (S)	MINI CORN DOGS (S) W/ ROLL (S)
OR	OR	OR	OR	OR
SUPREME CHICKEN SANDWICH (S)	SUPREME CHICKEN SANDWICH (S)	BBQ RIBLET SANDWICH (S)	SUPREME CHICKEN SANDWICH (S)	SUPREME CHICKEN SANDWICH (S)
THIN CUT FRIES (S)	THIN CUT FRIES (S)	SEASONED POTATO WEDGES (S)	SEASONED SPIRAL FRIES (S)	SEASONED POTATO WEDGES (S)
REFRIED BEANS (G)	FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD (G)	FRESH CARROT & CELERY STICKS (G)	FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD (G)	FRESH CARROT & CELERY STICKS (G)
FRESH SPINACH, ROMAINE, CARROT & TOMATO SALAD (G)	FRESH BABY CARROTS (G)			
CHILLED MIXED FRUIT CUP (G)	DRIED CRANBERRIES (G)	CHILLED DICED PEACH CUP (G)	DRIED FRUIT MIX (PINEAPPLES, RAISINS, GOLDEN RAISINS, CRANBERRIES, APPLES) (G)	FROZEN FRUIT JUICE SLUSH (G)
FRESH APPLE WEDGES (G)	FRESH FRUIT (G)	FRESH FRUIT (G)	FRESH FRUIT (G)	FRESH FRUIT (G)
CHEEZ-ITS (S)		CINNAMON TOAST CRUNCH CEREAL BAR (S))	

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



**Coordinated Approach
To Child Health**

Humble ISD introduces the **CATCH** program to Middle Schools!
Physical Education Teachers, Child Nutrition Staff, Classroom Teachers & School Nurses participate together in the Coordinated Approach to Child Health program. CATCH promotes physical activity and healthy eating choices.

All foods fit into a healthy diet. Middle School menus help students learn which foods are most healthful by using a letter code.

"G" means Go! Eat often.

"S" means Slow! Eat sometimes.

"W" means Whoa! Eat less often.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the *USDA Program Discrimination Complaint Form*, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.