

Did you know...

- The TISD Child Nutrition Department serves approximately 11,280 lunches, 2,200 breakfasts each day.
- Our staff of 141 is distributed among our 19 school cafeterias.
- Our breakfast and lunch menus, menu analysis, online payment ability, staff email, and nutritional links are posted on the district web site at: www.tomballisd.net
- The TISD program is one of less than half of the food service programs across the state that is entirely self-supporting, including salaries. Its sources of income are federal funds, paid student meals, a la carte sales, and adult meals. The program receives no local tax funds (no operational funds from the district). The only school district funds the department receives are for the construction of a cafeteria when a new school is built.

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Students perform better in school when they enjoy nutritious meals.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Cafeteria managers can be contacted by email or campus phone number.

www.tomballisd.net

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SCHOOL MEAL PROGRAM



- Meal Services Provided
- Payment Options
- Free and Reduced meals provided to eligible students

TISD SCHOOL MEAL PROGRAM

Tomball Independent School District, Child Nutrition Department's daily goal is to prepare and serve nutritious meals to all children in Tomball ISD regardless of economic status. We sincerely hope this brochure will answer any questions parents may have regarding the meals available to students.

NUTRIENT STANDARDS OF MEALS

Today's school breakfast and lunch are both designed to meet stringent national and state nutrition standards. These nutritional guidelines require that school meals provide specific amounts of calories, protein, types of vegetables (green, orange/red, legumes, starch, & other) fruit, whole grains, and low-fat/fat free milk. In addition, meals are lower in sodium and cholesterol and higher in fiber than in the past. Today, our students must choose a fruit or vegetable with their meal to receive the unit price. Our Assistant Director/Registered Dietitian plans and analyzes all menus, approved by the Director.



MEALS OFFERED

Breakfast and lunch are offered daily at each school. Elementary schools are offered several entrée choices for each lunch service, along with nutritious side items and a la carte snack choices, including bottled water. Monthly Menus are sent home to help parents and students plan ahead for their breakfast and lunch.

Our **High School cafeterias** have five different concepts to choose from daily:

*Tomball Star Academy's menu is tailored from the concepts below. Please visit our website for detailed HS and Star Academy Menus

Top Cat Cafe – Serves a traditional hot lunch.

Italian Harvest – Offers a selection of pizza daily.

Hot Basket Express – Serves a variety of burgers/hot sandwich baskets and snack items.

Worldly Fare – Offers an International cuisine.

Lettuce Make It! – Serves made-to-order sub sandwiches, salads, wraps, and Fiesta Bar on rotating days.

***THS Afterschool Meal (Dinner):**

Tuesday, Wednesday, Thursday
2:45pm – 3:45pm, No Charge to Any Student
-serving days are subject to change

Our **Junior High cafeterias** have a similar selection.

Top Cat Cafe – Serves a variety of traditional and international choices on two separate serving lines.

Hot Basket Express – Serves a variety of burgers/hot sandwich baskets, pizza, and snack items.

MEAL PRICES 2019-2020

Breakfast Prices:		Lunch Prices:	
Pre-K	\$0.00	Pre-K	\$0.00
Elem/Int.	\$1.25	Elem/Int.	\$2.50
JH	\$1.50	JH	\$2.75, \$3.25
HS	\$1.75	HS	\$3.00, \$3.50, \$3.75
Adults	\$2.35	Adults	\$3.75, \$4.25, \$4.75
		THS Dinner	\$0.00 (details above)

USDA regulations require that adult servings be no more than those portions served to High School students. Adult meal prices are higher because there is no food commodity or federal reimbursement given for adult meals. Adult meal prices are \$2.35 for breakfast and \$3.75, \$4.25, \$4.75 for lunch.



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PAYMENT PROCEDURES

Money may be deposited into student accounts with cash, check, or online, www.schoolcafe.com OR download the School Café app to your Smart Phone. Advanced payment is not necessary. However, this process is convenient for parents, and a child is always ensured a nutritious cafeteria breakfast and lunch.



STUDENT CHARGES

(BORROWING/GRACE PERIOD)

Students may charge meals up to the **value** of two breakfasts and two lunches. (Elem/Int. – \$7.50, JH - \$8.50, HS - \$9.50) An automated phone call occurs when a negative balance appears on a student's account. If a student account exhausts the grace period/charge limit, the student must select a peanut butter and jelly or toasted cheese sandwich entree for lunch and/or a cereal entrée for breakfast until the negative balance is paid. A la Carte items are not available for charging.

FREE/REDUCED-PRICED MEAL PROGRAM

During annual student enrollment, families are notified about the application process for participation in the free/reduced-priced breakfast and lunch program. Parents are encouraged to complete a free/reduced-priced meal application if economic hardships exist. Applications expire each year. Applications can be submitted online, www.schoolcafe.com OR through the School Café App,     to determine if benefits are required. Hardcopy applications may be found at the school's front office, if needed. Eligibility decisions are based on federally established income and household size guidelines without regard to race, sex, color, national origin, age, or disability.