

Breakfast Menu

October 2021

(Menu subject to change without notice)



All meals are served with milk

All PreK meals & snacks served 1% white milk

All Grain Items are at least 51% Whole Grain Rich

H/S=Headstart

Applications for Free/Reduced lunch benefits are available at the TCHS, TGS and District Offices.

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sausage/Pancake on a Stick Scrambled Eggs OR Cereal & Yogurt Fresh Fruit Fruit Juice & Milk **H/S: Cereal & Yogurt
4 Long John **H/S: WGR Muffin Yogurt OR Cereal & Yogurt Canned Fruit Fruit Juice & Milk	5 TGS: WG Pop Tart & String Cheese TCHS: Biscuits & Gravy Sausage Patty OR Cereal & String Cheese Canned Fruit Fruit Juice & Milk *H/S: Cereal & Yogurt	6 Egg Omelet Hashbrowns OR Cereal & Yogurt Fresh Fruit Fruit Juice & Milk	7 Scrambled Eggs Sausage Patty Tater Tots OR Cereal & String Cheese Canned Fruit Fruit Juice & Milk	8 Waffle Cheese Stick OR Cereal & Yogurt Fresh Fruit Fruit Juice & Milk **H/S: Cereal & Yogurt
11 NO SCHOOL	12 Breakfast Pizza OR Cereal & String Cheese Canned Fruit Fruit Juice & Milk	13 Ham/Egg/Cheese Combo Graham Snacks OR Cereal & Yogurt Fresh Fruit Fruit Juice & Milk	14 Sausage & Cheese Biscuit OR Cereal & String Cheese Canned Fruit Fruit Juice & Milk	15 Sausage/Pancake on a Stick Scrambled Eggs OR Cereal & Yogurt Fresh Fruit Fruit Juice & Milk **H/S: Cereal & Yogurt
18 Long John **H/S: WGR Muffin Yogurt OR Cereal & Yogurt Canned Fruit Fruit Juice & Milk	19 TGS: WG Pop Tart & String Cheese TCHS: Biscuits & Gravy Sausage Patty OR Cereal & String Cheese Canned Fruit Fruit Juice & Milk *H/S: Cereal & Yogurt	20 Egg Omelet Hashbrowns OR Cereal & Yogurt Fresh Fruit Fruit Juice & Milk	21 Scrambled Eggs Sausage Patty Tater Tots OR Cereal & String Cheese Canned Fruit Fruit Juice & Milk	22 Waffle Cheese Stick OR Cereal & Yogurt Fresh Fruit Fruit Juice & Milk **H/S: Cereal & Yogurt
25 Muffin Cheese Stick OR Cereal & Yogurt Canned Fruit Fruit Juice & Milk	26 Breakfast Pizza OR Cereal & String Cheese Canned Fruit Fruit Juice & Milk	27 Ham/Egg/Cheese Combo Graham Snacks OR Cereal & Yogurt Fresh Fruit Fruit Juice & Milk	28 Sausage & Cheese Biscuit OR Cereal & String Cheese Canned Fruit Fruit Juice & Milk	29 NO SCHOOL

Meals will be Free to all students during the 2021-22 school year. Payment will be required for any extra items or single milks.