



Thomas Co. Middle School Breakfast

Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|---|---|--|--|--|
|  <p>MUST CHOOSE A FRUIT OR FRUIT JUICE TO COMPLETE YOUR MEAL.</p> | | | | |
| | | | | <p>1 CHICKEN BISCUIT OR CEREAL</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> |
| <p>4 PANCAKE PUP OR CEREAL</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>5 BREAKFAST BUN OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>6 YOGURT CUP GRAHAM CRACKERS OR POPTART</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>7 MORNING ROLL OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>8 FLAVORED MUFFIN OR CEREAL</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> |
| <p>11 TWIN SAUSAGE BISCUIT OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>12 MAPLE BREADSTICK OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>13 SAUSAGE GRAVY PIZZA OR CEREAL</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>14 FLAVORED MUFFIN OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>15 STUFFED MINI BAGELS OR CEREAL</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> |
| <p>18 MINI PANCAKES OR CEREAL</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>19 TWIN SAUSAGE BISCUIT OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>20 POWDERED DONUTS OR CEREAL</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>21 SAUSAGE GRAVY PIZZA OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>22 CHICKEN BISCUIT OR CEREAL</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> |
| <p>25 PANCAKE PUP OR CEREAL</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>26 BREAKFAST BUN OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>27 YOGURT CUP GRAHAM CRACKERS OR POPTART</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | <p>28 MORNING ROLL OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT 100% FRUIT JUICE</p> <p>VARIETY MILK</p> | |

This institution is an equal opportunity provider.