



# Thomas Co. Middle School Breakfast Menu

Menu Items are subject to change due to availability.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MUST CHOOSE A FRUIT OR FRUIT JUICE TO COMPLETE YOUR MEAL.</b></p> <p><b>Try the super food of the month!</b></p> <p><b>BLUEBERRIES</b></p>		<p>1 POWDERED DONUTS OR CEREAL</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>2 SAUSAGE GRAVY PIZZA OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>3 STUFFED MINI BAGELS OR CEREAL</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>
<p>6 PANCAKE PUP OR CEREAL</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>7 BREAKFAST BUN OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>8 YOGURT CUP GRAHAM CRACKERS POPTART</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>9 MORNING ROLL OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>10 FLAVORED MUFFIN OR CEREAL</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>
<p>13 TWIN SAUSAGE BISCUIT OR CEREAL</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>14 MAPLE BREADSTICK OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>15 SAUSAGE GRAVY PIZZA OR CEREAL</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>16 FLAVORED MUFFIN OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>17 STUFFED MINI BAGELS OR CEREAL</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>
<p>20 MINI PANCAKES OR CEREAL</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>21 TWIN SAUSAGE BISCUIT OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>22 POWDERED DONUTS OR CEREAL</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>23 SAUSAGE GRAVY PIZZA OR CEREAL BAR</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>	<p>24 FLAVORED MUFFIN OR CEREAL</p> <p>FRESH OR CHILLED FRUIT</p> <p>100% FRUIT JUICE</p> <p>VARIETY MILK</p>

This institution is an equal opportunity provider.