



# Elementary Menu

## October 2020

\*\* Days with more than one entrée option are for classes transitioning back into the cafeteria for meal service \*\*

monday	tuesday	wednesday	thursday	friday
* All breakfasts are served with fruit , juice and milk	* All lunches are served with fruit and milk		1	2
5 <b>Sausage Biscuit</b> Hot Ham & Cheese Fries Pickles Chips	6 <b>Cereal Bar</b> Chicken Nuggets Egg Roll (CC) OR Green Bean (HnH/GP) Mashed Potato Treat	7 <b>Breakfast Bun w/ Cheese Stick</b> Corndog w/ Carrots & Baked Beans OR Spaghetti w/ Side Salad and Green Beans	8 <b>Donuts</b> Fish Stick Fries Celery & Ranch OR Black-eyed peas	9 <b>Cereal</b> Cheese Sticks w/ Marinara OR Pizza (CC) Broccoli & Ranch Corn Treat
12 <b>Pancakes</b> Chicken Sandwich w/ Fries, Carrots & Ranch OR Chicken Fajita w/ Black Beans, Red Salsa, and Nacho Chips	13 <b>Pop Tart</b> Deli Ham & Cheese Tater Tots Broccoli and Cheese Treat	14 <b>Morning Roll</b> Mini Corndog w/ Celery & Ranch and Baked Beans OR Chili Cheese Nachos w/ Side Salad and Corn	15 <b>Bagel</b> Cheeseburger w/ Fries and Pickles OR Hamburger Steak w/ Peas & Carrots and Biscuit	16 <b>Chicken Biscuit</b> Pizza Broccoli & Ranch Corn Treat
19 <b>Sausage Biscuit</b> Hot Ham & Cheese Fries Pickles Chips	20 <b>Cereal Bar</b> Chicken Nuggets Egg Roll (CC) OR Green Bean (HnH/GP) Mashed Potato Treat	21 <b>Breakfast Bun w/ Cheese Stick</b> Corndog w/ Carrots & Baked Beans OR Spaghetti w/ Side Salad and Green Beans	22 <b>Donuts</b> Fish Stick Fries Celery & Ranch OR Black-eyed peas	23 <b>Cereal</b> Cheese Sticks w/ Marinara OR Pizza (CC) Broccoli & Ranch Corn Treat
26 <b>Pancakes</b> Chicken Sandwich w/ Fries, Carrots & Ranch OR Chicken Fajita w/ Black Beans, Red Salsa, and Nacho Chips	27 <b>Pop Tart</b> Deli Ham & Cheese Tater Tots Broccoli and Cheese Treat	28 <b>Morning Roll</b> Mini Corndog w/ Celery & Ranch and Baked Beans OR Chili Cheese Nachos w/ Side Salad and Corn	29 <b>Bagel</b> Cheeseburger w/ Fries and Pickles OR Hamburger Steak w/ Peas & Carrots and Biscuit	30 <b>Chicken Biscuit</b> Pizza Broccoli & Ranch Corn Treat
<b>THOMAS COUNTY</b> <b>SCHOOL NUTRITION</b> <b>Feeding Bodies, Fueling Minds</b>				



# Middle School Menu

## October 2020

monday	tuesday	wednesday	thursday	friday
<p><b>* All breakfasts are served with fruit , juice and milk</b></p>	<p><b>* All lunches are served with fruit and milk</b></p>		1	2
5 <p><b>Sausage Biscuit</b> Mini Corndogs Carrots &amp; Ranch Baked Beans</p>	6 <p><b>Cereal Bar</b> Chicken Nuggets Egg Roll Mashed Potato Treat</p>	7 <p><b>Breakfast Bun w/ Cheese Stick</b> Cheeseburger Fries Pickles</p>	8 <p><b>Breakfast Pizza</b> Chicken Sandwich Fries Carrots &amp; Ranch</p>	9 <p><b>Cereal</b> Pizza Broccoli &amp; Ranch Corn Treat</p>
12 <p><b>Pancakes</b> Corndog Carrots &amp; Ranch Baked Beans</p>	13 <p><b>Waffle Sandwich</b> Chicken Mashed Potato Bowl Corn Treat</p>	14 <p><b>Morning Roll</b> Hot Ham &amp; Cheese Sweet Potato Fries Pickles</p>	15 <p><b>Pizza Bagel</b> Chicken Strips Fries Celery &amp; Ranch</p>	16 <p><b>Chicken Biscuit</b> Cheese sticks w/ Marinara Broccoli &amp; Ranch Corn &amp; Treat</p>
19 <p><b>Sausage Biscuit</b> Mini Corndogs Carrots &amp; Ranch Baked Beans</p>	20 <p><b>Cereal Bar</b> Chicken Nuggets Egg Roll Mashed Potato Treat</p>	21 <p><b>Breakfast Bun w/ Cheese Stick</b> Cheeseburger Fries Pickles</p>	22 <p><b>Breakfast Pizza</b> Chicken Sandwich Fries Carrots &amp; Ranch</p>	23 <p><b>Cereal</b> Pizza Broccoli &amp; Ranch Corn Treat</p>
26 <p><b>Pancakes</b> Corndog Carrots &amp; Ranch Baked Beans</p>	27 <p><b>Waffle Sandwich</b> Chicken Mashed Potato Bowl Corn Treat</p>	28 <p><b>Morning Roll</b> Hot Ham &amp; Cheese Sweet Potato Fries Pickles</p>	29 <p><b>Pizza Bagel</b> Chicken Strips Fries Celery &amp; Ranch</p>	30 <p><b>Chicken Biscuit</b> Cheese sticks w/ Marinara Broccoli &amp; Ranch Corn &amp; Treat</p>
<p><b>THOMAS COUNTY SCHOOL NUTRITION</b> Feeding Bodies, Fueling Minds</p>				



# High School Menu

## October 2020

\*\* Students eating in the TCCHS cafeteria will have PB&J combo meal and salad bar option \*\*

monday	tuesday	wednesday	thursday	friday
			1	2
<b>* All breakfasts are served with fruit , juice and milk</b>	<b>* All lunches are served with fruit and milk</b>			
5 <b>Pop Tart</b> PB&J Combo (BH) BBQ Sandwich (TC) Carrots & Ranch Baked Beans	6 <b>Breakfast Bun w/ Cheese Stick</b> Chicken Strips Egg Roll Mashed Potato Treat	7 <b>Muffin</b> Cheeseburger Fries Lettuce/Tomato Cup	8 <b>Donuts</b> Chicken Sandwich Fries Carrots & Ranch Pickle	9 <b>Cereal</b> Pizza Broccoli & Ranch Corn Treat
12 <b>Warm Cereal Bar</b> Philly Cheesesteak Sweet Potato Fries and Peppers & Onions (TC) French Fries and Carrots & Ranch (BH)	13 <b>Muffin</b> Chicken Mashed Potato Bowl with Corn and Biscuit Treat	14 <b>Cereal Bar w/ Cheese Stick</b> Ham & Cheese Sub Lettuce & Tomato Pickles Banana Peppers	15 <b>Donuts</b> Spicy Chicken Sandwich Carrots & Ranch Black Bean Salsa & Nacho Chips	16 <b>Cereal</b> Pizza Broccoli & Ranch Corn Treat
19 <b>Pop Tart</b> PB&J Combo (BH) BBQ Sandwich (TC) Carrots & Ranch Baked Beans	20 <b>Breakfast Bun w/ Cheese Stick</b> Chicken Strips Egg Roll Mashed Potato Treat	21 <b>Muffin</b> Cheeseburger Fries Lettuce/Tomato Cup	22 <b>Donuts</b> Chicken Sandwich Fries Carrots & Ranch Pickle	23 <b>Cereal</b> Pizza Broccoli & Ranch Corn Treat
26 <b>Warm Cereal Bar</b> Philly Cheesesteak Sweet Potato Fries and Peppers & Onions (TC) French Fries and Carrots & Ranch (BH)	27 <b>Muffin</b> Chicken Mashed Potato Bowl with Corn and Biscuit Treat	28 <b>Cereal Bar w/ Cheese Stick</b> Ham & Cheese Sub Lettuce & Tomato Pickles Banana Peppers	29 <b>Donuts</b> Spicy Chicken Sandwich Carrots & Ranch Black Bean Salsa & Nacho Chips	30 <b>Cereal</b> Pizza Broccoli & Ranch Corn Treat
<b>THOMAS COUNTY SCHOOL NUTRITION</b> <b>Feeding Bodies, Fueling Minds</b>				