

# OCTOBER 2017

## Thomas Intermediate School

All meals come with milk.  
Water is available.

### Breakfast & Lunch Menu

#### Monday

2

Breakfast: Biscuit & Gravy  
Cereal & Toast, Fruit

Lunch: Fish & Mac & Cheese  
Veg, Fruit

9

Breakfast: Sausage Biscuit  
Cereal & Toast, Fruit

Lunch: Salisbury Steak  
Dinner

16

Breakfast: Omelet & Toast  
Cereal, Fruit

Lunch: Chicken Fried Steak  
Dinner

23

Breakfast: Omelet & Toast  
Cereal, Fruit

Lunch: Chicken Sandwich  
Veg, Fruit

30

Breakfast: Biscuit & Gravy  
Cereal & Toast, Fruit

Lunch: Fish & Mac & Cheese  
Veg, Fruit

#### Tuesday

3

Breakfast: Eggs, Sausage &  
Toast, Cereal, Fruit

Lunch: Beef Ravioli  
Crackers, Veg, Fruit

10

Breakfast: Pizza  
Cereal, & Toast, Fruit

Lunch: Cowboy Stew &  
Cornbread  
Veg, Fruit

17

Breakfast: Combo Bar & Toast  
Cereal, Fruit

Lunch: Hot Dog & FF  
Veg, Fruit

24

Breakfast: Combo Bar & Toast  
Cereal, Fruit

Lunch: Pizza,  
Veg, Fruit

31

Breakfast: Eggs, Sausage &  
Toast, Cereal, Fruit

Lunch: Beef Ravioli  
Crackers, Veg, Fruit

#### Wednesday

4

Breakfast: French Toast Sticks  
Cereal, Fruit

Lunch: Chicken & Noodles  
Veg, Fruit

11

Breakfast: Pancakes & Sausage  
Cereal, Fruit

Lunch: Crispito, Veg, Fruit

18

**P/T Conference Mon 16th &  
Tues 17th. 4-7**

25

Breakfast: Pancake on a Stick  
Cereal & Toast, Fruit

Lunch: Sandwich Day  
Veg, Fruit

#### Thursday

5

Breakfast: Poptarts,  
Cereal & Toast  
Fruit

Lunch: Chili Mac  
Veg, Fruit

12

Breakfast: Cereal & Toast  
Fruit

Lunch: Sloppy Joe  
Veg, Fruit

19

**Enjoy Fall Break  
Oct. 18-20  
See you Monday!**

26

Breakfast: Cereal & Toast  
Fruit

Lunch: Taco Salad,  
Veg, Fruit

#### Friday

6

Breakfast: Tornados  
Cereal & Toast  
Fruit

Lunch: Corn Dogs & FF  
Veg, Fruit

13

Breakfast: Yogurt & Donut  
Cereal, Fruit

Lunch: Chicken Nuggets & FF  
Veg, Fruit

20

27

Breakfast: Muffin  
Cereal & Toast, Fruit

Lunch: Cheeseburger & FF  
Veg, Fruit

We offer a Full Vegetable Bar Monday – Thursday.  
After each lunch period we have a Smart Snack Shack where students may buy ice cream. They must have cash or credit in their account.  
This institution is an equal opportunity employer and provider.