

SEPTEMBER 2018

Thomas Intermediate School

Milk is a choice with each meal.
Water is available at each cafeteria.

Breakfast & Lunch Menus

Monday

Labor Day Holiday

No School

Tuesday

Breakfast:
Scrambled Eggs & Toast
Cereal, Fruit

Lunch:
Pizza Day
Veg Bar & Fruit Bar

Wednesday

Breakfast:
Cereal & Toast
Fruit

Lunch:
Chicken & Noodles, Roll
Veg Bar & Fruit Bar

Thursday

Breakfast:
Tornado & Toast
Cereal, Fruit

Lunch:
Popcorn Chicken & FF
Veg Bar & Fruit Bar

Friday

Breakfast:
French Toast Sticks
Cereal & Toast, Fruit

Lunch:
Build a Sub Day
Veg Bar & Fruit Bar

Breakfast:
Donut & Yogurt
Cereal & Toast, Fruit

Lunch:
Salisbury Steak Dinner
Veg Bar & Fruit Bar

Breakfast:
Sausage Biscuit
Cereal, Fruit

Lunch:
Pizza Day
Veg Bar & Fruit Bar

Breakfast:
Cereal & Toast
Fruit

Lunch:
Cowboy Stew & Cornbread
Veg Bar & Fruit Bar

Breakfast:
Breakfast Pizza
Cereal, Fruit

Lunch:
Burrito & Rice
Veg Bar & Fruit Bar

Breakfast:
Pancake on a Stick
Cereal & Toast, Fruit

Lunch:
Build a Sub Day
Veg Bar & Fruit Bar

Breakfast:
Biscuit & Gravy
Cereal, Fruit

Lunch:
Chicken Fried Steak Dinner
Veg Bar & Fruit Bar

Breakfast:
Scrambled Eggs & Toast
Cereal, Fruit

Lunch:
Pizza Day
Veg Bar & Fruit Bar

Breakfast:
Cereal & Toast
Fruit

Lunch:
Spaghetti & Breadstick
Veg Bar & Fruit Bar

Breakfast:
Tornado & Toast
Cereal, Fruit

Lunch:
Oven Fried Chicken
Veg Bar & Fruit Bar

No School

Teacher Professional Day

Breakfast:
Donut & Yogurt
Cereal & Toast, Fruit

Lunch:
Chicken Sandwich
Veg Bar & Fruit Bar

Breakfast:
Sausage Biscuit
Cereal, Fruit

Lunch:
Pizza Day
Veg Bar & Fruit Bar

Breakfast:
Cereal & Toast
Fruit

Lunch:
Baked Potato Bar
Veg Bar & Fruit Bar

Breakfast:
Breakfast Pizza
Cereal, Fruit

Lunch:
Cheeseburger
Veg Bar & Fruit Bar

Breakfast:
Pancake on a Stick
Cereal & Toast, Fruit

Lunch:
Build a Sub Day
Veg Bar & Fruit Bar



This institution is an equal opportunity provider.