

OCTOBER 2018

Thomas Intermediate

Breakfast & Lunch Menus

Milk is a choice with each meal.
Water is available at each cafeteria.
Everyday they may pick a Fruit &
Vegetable choice.

Monday

Breakfast: **1**
Biscuit & Gravy
Cereal, Fruit

Lunch:
Corn Dog

Breakfast: **8**
Yogurt & Donut
Cereal, Fruit

Lunch:
Fish & FF

Breakfast: **15**
Biscuit & Gravy
Cereal, Fruit

Lunch:
Salisbury Steak Dinner

Breakfast: **22**
Yogurt & Donut
Cereal, Fruit

Lunch:
Spaghetti & Breadstick

Breakfast: **29**
Biscuit & Gravy
Cereal, Fruit

Lunch:
Chicken Sandwich & Chips

Tuesday

Breakfast: **2**
Eggs & Toast
Cereal, Fruit

Lunch:
Pizza Day

Breakfast: **9**
Sausage Biscuit
Cereal, Fruit

Lunch:
Pizza Day

Breakfast: **16**
Eggs & Toast
Cereal, Fruit

Lunch:
Pizza Day

Breakfast: **23**
Sausage Biscuit
Cereal, Fruit

Lunch:
Pizza Day

Breakfast: **30**
Eggs & Toast
Cereal, Fruit

Lunch:
Pizza Day

Wednesday

Breakfast: **3**
Cereal & Toast
Fruit

Lunch:
Steak Sandwich & Chips

Breakfast: **10**
Cereal & Toast
Fruit

Lunch:
Chicken & Noodles, Hot Roll

No School Oct 17th – 19th **17**

Parent Teacher Conference
Monday 15th
Tuesday 16th
4pm- 7pm

Breakfast: **24**
Cereal & Toast
Fruit

Lunch:
Chicken Fry Steak Dinner

Breakfast: **31**
Cereal & Toast
Fruit

Lunch:
Baked Potato Bar

Thursday

Breakfast: **4**
Tornado & Toast
Cereal, Fruit

Lunch:
Taco Salad

Breakfast: **11**
Breakfast Pizza
Cereal, Fruit

Lunch:
Popcorn Chicken & FF



Breakfast: **25**
Breakfast Pizza
Cereal, Fruit

Lunch:
Oven Fried Chicken

Friday

Breakfast: **5**
French Toast Sticks
Cereal, Fruit

Lunch:
Build a Sub Day

Breakfast: **12**
Pancake on a Stick
Cereal, Fruit

Lunch:
Build a Sub Day

19



Breakfast: **26**
Pancake on a Stick
Cereal, Fruit

Lunch:
Build a Sub Day