

SEPTEMBER 2026

Thomas Intermediate

Milk comes with each meal.
Water is available at each site.

Breakfast & Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast:
Tornados or
Cereal & Toast, Fruit

1

Lunch:
Grilled Cheese & Soup
Veg & Fruit

Breakfast:
Biscuit Sandwich or
Cereal & Toast, Fruit

8

Lunch:
Spaghetti & Bread Stick
Veg & Fruit

Breakfast:
Waffles & Toast or
Cereal & Toast, Fruit

15

Lunch:
Chicken Leg & Biscuit
Veg & Fruit

Breakfast:
Tornados or
Cereal & Toast, Fruit

22

Lunch:
Pig in a Blanket
Veg & Fruit, Cookie

Breakfast:
Biscuit Sandwich or
Cereal & Toast, Fruit

29

Lunch:
Chicken Fried Steak Dinner

Breakfast:
Pancake on a Stick or
Cereal & Toast, Fruit

2

Lunch:
Meatball Sub & FF
Veg & Fruit, Brownie

Breakfast:
Cinnamon Roll or
Cereal & Toast, Fruit

9

Lunch:
Hot Dog & FF
Veg & Fruit, Pudding

Breakfast:
Wolverine Breakfast or
Cereal & Toast, Fruit

16

Lunch:
Personal Pan Pizza
Veg & Fruit

Breakfast:
Donut & Cheese Stick or
Cereal & Toast, Fruit

23

Lunch:
Chicken & Noodles, Bread Stick
Veg & Fruit

Breakfast:
Cinnamon Roll or
Cereal & Toast, Fruit

30

Lunch:
Grilled Cheese & Soup
Veg & Fruit, Sherbert

Breakfast:
Omelet, Toast, Sausage or
Cereal & Toast, Fruit

3

Lunch:
Chicken Fried Steak Dinner

Breakfast:
Combo Bar, Hashbrown & Toast
Or Cereal & Toast, Fruit

10

Lunch:
Burrito, Rice
Veg & Fruit

Breakfast:
Pancake on a Stick or
Cereal & Toast, Fruit

17

Lunch:
Salisbury Steak Dinner

Breakfast:
Omelet, Toast & Sausage or
Cereal & Toast, Fruit

24

Lunch:
Chili Frito Pie
Veg & Fruit, Cookie

Breakfast:
French Toast Sticks or
Cereal & Toast, Fruit

4

Lunch:
Personal Pan Pizza
Veg & Fruit

Breakfast:
Muffin & Yogurt or
Cereal & Toast, Fruit

11

Lunch:
Cowboy Stew & Cornbread
Veg & Fruit

Breakfast:
Breakfast Burrito or
Cereal & Toast, Fruit

18

Lunch:
Chicken Nuggets & FF
Veg & Fruit

Breakfast:
French Toast Sticks or
Cereal & Toast, Fruit

25

Lunch:
Mac & Cheese, Smokies
Veg & Fruit

Meals Are **FREE** To All Holdenville School Students
This institution is an equal opportunity provider