

# MARCH 2023

## Thomas Intermediate School

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

### Breakfast & Lunch Menu

#### Monday

#### Tuesday

#### Wednesday

#### Thursday

#### Friday



**6**  
Breakfast:  
Biscuit & Gravy or  
Cereal & Toast, Fruit  
  
Lunch:  
Mac & Cheese, Smokies  
Veg & Fruit

**7**  
Breakfast:  
Tornado or  
Cereal & Toast, Fruit  
  
Lunch:  
Walking Taco, Rice  
Veg & Fruit

**8**  
Breakfast:  
Muffin or  
Cereal & Toast, Fruit  
  
Lunch:  
Pizza  
Veg & Fruit. Cake

**9**  
Breakfast:  
Cinnamon Roll or  
Cereal & Toast, Fruit  
  
Lunch:  
Cheeseburger & FF  
Veg & Fruit

**10**  
Breakfast:  
Pizza or  
Cereal & Toast, Fruit  
  
Lunch:  
Chicken Nuggets  
Veg & Fruit  
  
**No School**



**20**  
Breakfast:  
Donut or  
Cereal & Toast, Fruit  
  
Lunch:  
Pizza Sticks  
Veg & Fruit

**21**  
Breakfast:  
Biscuit Sandwich or  
Cereal & Toast, Fruit  
  
Lunch:  
Spaghetti & Garlic Stix  
Veg & Fruit

**22**  
Breakfast:  
Pancakes & Sausage or  
Cereal & Toast, Fruit  
  
Lunch:  
Hot Dog & FF  
Veg & Fruit. Cookie

**23**  
Breakfast:  
Combo Bar, Hashbrown or  
Cereal & Toast, Fruit  
  
Lunch:  
Mashed Potato Bowl  
Veg & Fruit

**24**  
Breakfast:  
Pizza or  
Cereal & Toast, Fruit  
  
Lunch:  
Steak Sandwich & FF  
Veg & Fruit

**27**  
Breakfast:  
Biscuit & Gravy or  
Cereal & Toast, Fruit  
  
Lunch:  
Pizza  
Veg & Fruit

**28**  
Breakfast:  
Tornado or  
Cereal & Toast, Fruit  
  
Lunch:  
Chicken Sandwich & Chips  
Veg & Fruit. Brownie

**29**  
Breakfast:  
Cinnamon Rolls or  
Cereal & Toast, Fruit  
  
Lunch:  
Steakfinger Dinner  
Veg & Fruit

**30**  
Breakfast:  
Pancake on a Stick or  
Cereal & Toast, Fruit  
  
Lunch:  
Ham & Cheese Sub & Chips  
Veg & Fruit

**31**  
**No School**

This institution is an equal opportunity provider.