

SEPTEMBER 2022

Thomas Intermediate

Milk is provided with all meals.
Water is available at each site.

Breakfast & Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Labor Day Holiday
No School

5

Breakfast:
Biscuit Sandwich or
Cereal & Toast, Fruit

6

Lunch:
Spaghetti & Breadstick
Vegetable & Fruit

Breakfast:
Pancake & Sausage or
Cereal & Toast, Fruit

7

Lunch:
Hot Dog & FF
Vegetable & Fruit

Breakfast:
Combo Bar, Hash brown &
Toast or Cereal & Toast, Fruit

8

Lunch:
Burrito & Spanish Rice
Vegetable & Fruit

Breakfast:
Pizza or
Cereal & Fruit

9

Lunch:
Cowboy Stew & Cornbread
Vegetable & Fruit

Breakfast:
Biscuit & Gravy or
Cereal & Toast, Fruit

12

Lunch:
Popcorn Chicken & FF
Vegetable & Fruit

Breakfast:
Tornados & Toast or
Cereal & Toast, Fruit

13

Lunch:
Pizza
Vegetable & Fruit

Breakfast:
Goopy Chocolate Muffin or
Cereal & Toast, Fruit

14

Lunch:
Chicken Sandwich & Chips
Vegetable & Fruit

Breakfast:
Omelet & Toast or
Cereal & Toast, Fruit

15

Lunch:
Chicken Fried Steak Dinner

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

16

Lunch:
Grilled Cheese & Soup
Vegetable & Fruit

Breakfast:
Donut or
Cereal & Toast, Fruit

19

Lunch:
Corn Dogs & Tots
Vegetable & Fruit

Breakfast:
Biscuit Sandwich or
Cereal & Toast, Fruit

20

Lunch:
Chili Frito Pie
Vegetable & Fruit

Breakfast:
Pancakes & Sausage or
Cereal & Toast, Fruit

21

Lunch:
Salisbury Steak Dinner

Breakfast:
Oatmeal & Toast or
Cereal & Toast

22

Lunch:
Soft Taco & Chips
Vegetable & Fruit

Breakfast:
Pizza or
Cereal & Fruit

23

Lunch:
Chicken Nuggets
Vegetable & Fruit

Breakfast:
Biscuit & Gravy or
Cereal & Toast, Fruit

26

Lunch:
Pig in a Blanket
Vegetable & Fruit

Breakfast:
Tornados & Toast or
Cereal & Toast, Fruit

27

Lunch:
Taco Salad & Spanish Rice
Vegetable & Fruit

Breakfast:
Blueberry Muffin or
Cereal & Toast, Fruit

28

Lunch:
Mac & Cheese, Smokies
Vegetable & Fruit

Breakfast:
Omelet & Toast or
Cereal & Toast, Fruit

29

Lunch:
Chicken & Noodles
Vegetable & Fruit

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

30

Lunch:
Cheeseburger & Chips
Vegetable & Fruit

This institution is an equal opportunity provider.



Adults & HS students Online pay available