



BREAKFAST @SCHOOL

For first-class learning!
Telfair County Middle/High School



BREAKFAST MENU FOR October 2021

This institution is an equal opportunity provider. Menu is subject to change.



BREAKFAST IS THE most important MEAL OF THE DAY



OF THE DAY

Featuring Healthy Fruits & Grains!

I SCHOOL BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Biscuit or Cereal/Pop tart Juice Fruit Milk	Blueberry Muffins with Sausage or Cereal/Pop tart Juice Milk	Breakfast Pizza or Cereal/Yogurt Juice Fruit Milk	Grits and Eggs or Grits and Sausage Toast Juice Milk	Steak Biscuit or Cereal/ Pop tart Juice Fruit Milk
Chicken Biscuit or Cereal/Pop tart Juice Fruit Milk	Blueberry Muffins with Sausage or Cereal/Pop tart Juice Milk	Breakfast Pizza or Cereal/Yogurt Juice Fruit Milk	Grits and Eggs or Grits and Sausage Toast Juice Milk	Steak Biscuit or Cereal/ Pop tart Juice Fruit Milk



Eat a Healthy Breakfast

Your Brain will have energy to be more focused in class!