

- 2023 -
MARCH

**Trigg County
Middle and
High School
Breakfast Menu**

**National School
Breakfast Week
March 6th - 8th**

Due to supply chain issues,
menus are subject to change
without notice.

This institution is an equal
opportunity provider

© 2022 Simply Good Food, LLC

MONDAY

6
Sausage Biscuit
Chocolate Chunk Bar
Orange or Apple Juice
Applesauce Cup
Milk

13
Sausage Biscuit
Mini Cinnis
Orange or Apple Juice
Applesauce Cup
Milk

20
Sausage Biscuit
Cereal Bar
Orange or Apple Juice
Applesauce Cup
Milk

27
Sausage Biscuit
Apple Cinnamon Toast
Orange or Apple Juice
Applesauce Cup
Milk

TUESDAY

7
Tornado
Mini Pancake
Orange or Apple Juice
Tropical Fruit Cup
Milk

14
Tornado
Mini Waffle
Orange or Apple Juice
Tropical Fruit Cup
Milk

21
Tornado
Mini Pancake
Orange or Apple Juice
Tropical Fruit Cup
Milk

28
Tornado
Mini Waffle
Orange or Apple Juice
Tropical Fruit Cup
Milk

WEDNESDAY

1
Sausage Biscuit
Blueberry Muffin &
Cheese stick
Orange or Apple Juice
Mandarin Orange Cup
Milk

8
Sausage Biscuit
Apple Cinnamon Muffin &
Cheese stick
Orange or Apple Juice
Mandarin Orange Cup
Milk

15
Sausage Biscuit
Banana Muffin & Cheese
stick
Orange or Apple Juice
Mandarin Orange Cup
Milk

22
Sausage Biscuit
Blueberry Muffin &
Cheese stick
Orange or Apple Juice
Mandarin Orange Cup
Milk

29
Sausage Biscuit
Apple Cinnamon Muffin
& Cheese stick
Orange or Apple Juice
Mandarin Orange Cup
Milk

THURSDAY

2
Chicken Biscuit
Sausage Pancake Sand
Orange or Apple Juice
Pineapple Cup
Milk

9
**Mini Break
SCHOOL
CLOSED**

16
Chicken Biscuit
Sausage Pancake on a
stick
Orange or Apple Juice
Pineapple Cup
Milk

23
Chicken Biscuit
Uncrustable
Orange or Apple Juice
Pineapple Cup
Milk

30
Chicken Biscuit
Sausage Pancake Sand
Orange or Apple Juice
Pineapple Cup
Milk

FRIDAY

3
Sausage Biscuit
Cinnamon Roll
Orange or Apple Juice
Peach Cup
Milk

10
**Mini Break
SCHOOL
CLOSED**

17
Sausage Biscuit
Powdered Donut Holes
Orange or Apple Juice
Peach Cup
Milk

24
Sausage Biscuit
Glazed Donut Holes
Orange or Apple Juice
Peach Cup
Milk

31
Sausage Biscuit
Blueberry Donut Holes
Orange or Apple Juice
Peach Cup
Milk