



BREAKFAST @SCHOOL

For first-class learning!

Telfair County Middle/High School



BREAKFAST MENU FOR October 2023

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



BREAKFAST
IS THE
most important
MEAL
OF
THE
DAY



Featuring Healthy
Fruits & Grains!

pumpkin pie
HOT COCOA
CANDY CORN
CRISP APPLES
pumpkin spice
apple cider
FALL TREATS

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

START SHARP

Students who eat breakfast are more likely to have better memory and concentration.*