

OCTOBER | 2024



Trigg County Schools Middle & High School Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30

Mini Donuts or
Chicken Biscuit,
Raisins,
Orange or Apple Juice,
Milk

1

Waffles or
Tornado, Banana,
Orange or Apple Juice,
Milk

2

Donut Holes or
Sausage Biscuit
Melon Chunks,
Orange or Apple Juice,
Milk

3

Breakfast Bowl & Toast
or Cinnis Mini,
Fruit, Fruit Punch,
Milk

4

Yogurt, Blueberry
Mini Bites or Sausage
Biscuit, Blueberries,
Orange or Apple Juice,
Milk



14

Mini Pancakes or
Sausage Biscuit,
Banana,
Orange or Apple Juice,
Milk

15

Cereal Bar or
Sausage Biscuit,
Assorted Fruit,
Apple or Orange Juice,
Milk

16

Sausage Pancake on a
Stick or Tornado,
Peaches,
Orange or Apple Juice,
Milk

17

Cinnamon Toast
& Yogurt
or Tornadoes,
Fruit, Orange or Apple
Juice, Milk

18

French Toast Sticks or
Breakfast Sandwich on
Bun, Strawberry Cup,
Orange or Apple Juice,
Milk

21

Breakfast Sandwich or
Banana Bread,
Mandarin Orange Cup,
Apple Juice,
Milk

22

Yogurt, Blueberry Mini
Bites or Sausage
Biscuit, Blueberries,
Orange or Apple Juice,
Milk

23

Yogurt Bag or
Chicken Biscuit,
Pineapple, Apple or
Orange Juice, Milk

24

Sausage Biscuit or
Blueberry Muffin &
Cheese Stick
Mandarin Orange Cup,
Orange or Apple Juice,
Milk

25

Breakfast Pizza
or Mini Donuts,
Raisins,
Orange or Apple Juice,
Milk

28

Mini Donuts or
Chicken Biscuit,
Raisins,
Orange or Apple Juice,
Milk

29

Waffles or
Tornado, Banana,
Orange or Apple Juice,
Milk

30

Donut Holes or
Sausage Biscuit,
Melon Chunks,
Orange or Apple Juice,
Milk

31

Breakfast Bowl & Toast
or Cinnis Mini,
Fruit, Fruit Punch,
Milk

1

Yogurt, Blueberry
Mini Bites or Sausage
Biscuit, Blueberries,
Orange or Apple Juice,
Milk

News

**All Meals
served with
milk.**

This institution is an
equal opportunity
provider.

MY
SCHOOL
BUCKS

