








MARCH | 2026

Trigg County Schools Middle & High Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Donut or Chicken Biscuit, Fruit, Assorted Juice, Milk	3 Yogurt Bowl or Blueberry Pancakes w/ Toppings & Syrup, Oranges Wedges, Apple Juice, Milk	4 Sausage Biscuit or Tornos, Fruit Cup, Assorted Juice, Milk	5 Glazed Donut or Tornos, Fruit, Assorted Juice, Milk	6 Chocolate Muffin or Chicken Biscuit, Fruit, Assorted Fruit, Milk
9 	10 Cinnamon Blueberry Sticks or Chicken Biscuit, Fruit, Assorted Juice, Milk	11 Muffin & Cheese Stick or Tornos, Fruit, Assorted Juice, Milk	12 Tornado or Turkey Bacon & French Toast Sticks, Fruit, Assorted Juice, Milk	13 Pancake Bites or Biscuit & Gravy, Assorted Juice, Assorted Fruit, Milk
16 Sausage Biscuit or Donut Holes, Fruit, Assorted Juice, Milk	17 Waffle or Chicken Biscuit, Fruit, Assorted Juice, Milk	18 Yogurt & Blueberry Bites or Tornos, Fruit, Assorted Juice, Milk	19 Pancake Bites or Breakfast Sandwich, Fruit, Assorted Juice, Milk	20 Lemon Bread, or Strawberry Bagel, Fruit, Assorted Juice, Milk
23 Sausage Biscuit or Donut Holes, Fruit, Assorted Juice, Milk	24 Fun Fruitti Waffles or Tornado, Fruit, Assorted Juice, Milk	25 Tornos or Cinnamon Roll, Fruit, Assorted Juice, Milk	26 Egg Bites & Biscuit or Chicken Biscuit, Fruit, Assorted Juice, Milk	27 Bacon, Egg, and Cheese Biscuit, or Tornadoes, Assorted Juice, Assorted Fruit, Milk
30 	31 	1 	2 	3 

News

Menus are subject to change without notice.

This institution is an equal opportunity provider.

Milk served with all meals.

National School Breakfast Week March 2-6, 2026

THE CHALLENGE

Which grade has the strongest knights? We are tracking breakfast participation rates all week long!

Who: All Students (Grades K-12)

How: Eat breakfast with the cafeteria any day this week.

The Goal: Have the highest percentage of your grade show up for breakfast!