

TROUSDALE COUNTY HIGH SCHOOL

September 2026

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Wk 1,3,5</u> Sausage Biscuit or Muffin	<u>Wk 1,3,5</u> Pancakes or Muffin	<u>Wk 1,3,5</u> Chicken Biscuit or Muffin	<u>Wk 1,3,5</u> Omelet Biscuit or Muffin	<u>Wk 1,3,5</u> Donuts
<u>Wk 2,4</u> Sausage Biscuit or Muffin	<u>Wk 2,4</u> Waffle or Muffin	<u>Wk 2,4</u> Ham/Ch Croissant or Muffin	<u>Wk 2,4</u> Pancake Pup or Pizza or Muffin	<u>Wk 2,4</u> Breakfast Bun

No Personal Pan Pizza/Salad Served on Mondays!

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Aug 31 Chicken Tenders BBQ Riblet Turnip Greens Mashed Potatoes Roll	1 Popcorn Chicken Broccoli/Cheese Fries Biscuit	2 Quesadilla Refried Beans Salsa Cup Corn	3 Spaghetti CA Blend Veggies Cheesy Diced Potatoes Garlic Knot	4 BBQ Sandwich Fries Mustard/Ketchup/LPTO Carrot Sticks/Ranch
7 No School- Labor Day 	8 Corndog Pops Corn Fries Mustard/Ketchup	9 Fish Wedge Fries White Beans Coleslaw Hushpuppies	10 Lasagna Steamed Broccoli Baked Potato Breadstick	11 No School-Youth Fair 
14 Popcorn Chicken or Tenders Green Beans Sweet Potato Fries Macaroni/Cheese	15 Chicken Sandwich Coleslaw Baked Beans Chips Mustard/Ketchup/Mayo/LPTO	16 Beefy Tacos/Cheese Black Bean Salsa Corn Tortilla Scoops	17 Gen. Tso Chicken Fried Rice Egg Roll Oriental Veggies Fortune Cookie	18 Power Friday Hamburger/Cheese Mustard/Ketchup/Mayo/LPTO Fries Cucumber Salad
21 Beef Steak/Gravy Country Fried Steak Mashed Potatoes Green Beans Roll	22 Chicken Leg Black-Eyed Peas or Lima Beans CA Blend Veggies Biscuit	23 Meatballs Broccoli Packs/Ranch Fries Roll	24 Chicken Alfredo Glazed Carrots Scalloped Potatoes Roll	25 Chicken Sandwich Chips Mustard/Ketchup/Mayo/LPTO Coleslaw Baked Beans
28 Chicken Tenders BBQ Riblet Turnip Greens Mashed Potatoes Roll	29 Popcorn Chicken Broccoli/Cheese Fries Biscuit	30 Quesadilla Refried Beans Salsa Cup Corn	Oct 1 Spaghetti CA Blend Veggies Cheesy Diced Potatoes Garlic Knot	Oct 2 BBQ Sandwich Fries Mustard/Ketchup/LPTO Carrot Sticks/Ranch

A variety of milk and fruit is served with breakfast and lunch daily.

Menus are subject to change due to supply chain issues. Check school cafeteria for updates.

This institution is an Equal Opportunity Provider.