

OCTOBER 2026

Trigg County Schools Middle & High Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5



6



7



8



9



12 Planning Day



13 Pancake on a Stick,
or Tornos,
Fruit,
Assorted Juice,
Milk

14 Chicken Biscuit or
Sausage Pancake
Sandwich,
Fruit,
Assorted Juice,
Milk

15 Strawberry Bread &
Cheese Stick or
Bagel & Cream Cheese,
Fruit,
Assorted Juice,
Milk

16 Smoothie
or Chicken Biscuit,
Fruit,
Assorted Juice,
Milk

19 Cinni Mini
or Chicken Biscuit,
Fruit,
Assorted Juice,
Milk

20 Breakfast Pizza
or Tornado,
Fruit,
Assorted Juice,
Milk

21 Strawberry &
Banana Smoothie
or French Toast,
Fruit Cup,
Assorted Juice,
Milk

22 Mini Donut
or Tornos,
Fruit,
Assorted Juice,
Milk

23 Waffle
or Chicken Biscuit,
Fruit,
Assorted Juice,
Milk

26 Sour Cream Glaze Donut
or Chicken Biscuit,
Fruit,
Assorted Juice,
Milk

27 Sausage Biscuit
or Strawberry Banana
Smoothie,
Oranges Wedges,
Apple Juice,
Milk

28 Yogurt Bag
or Tornado,
Fruit Cup,
Assorted Juice,
Milk

29 Muffin & Cheese Stick
or Chicken Biscuit,
Fruit,
Assorted Juice,
Milk

30 Pancake Bites
or Strawberry &
Banana Smoothie,
Fruit,
Assorted Juice,
Milk

News

Menus are subject to change without notice.

This institution is an equal opportunity provider.

Milk served with all meals.

