



BREAKFAST @SCHOOL

For first-class learning!

Telfair County Middle/High School



BREAKFAST MENU FOR October 2026

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



Featuring Healthy Fruits & Grains!

I SCHOOL BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Biscuit or Choice of Cereal Juice Fruit Milk	Blueberry Pancakes or Strawberry Cream Cheese Bagel Juice Milk	Breakfast Pizza or Yogurt Parfait Juice Fruit Milk	Grits, Eggs and Toast Or Choice of Cereal Fruit Juice Milk	Steak Patty Biscuit or Yogurt Parfait Juice Fruit Milk



START SHARP

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