

TROUSDALE COUNTY HIGH SCHOOL

October 2026				Breakfast
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Wk 1,3,5</u> Sausage Biscuit or Muffin <u>Wk 2,4</u> Sausage Biscuit or Muffin	<u>Wk 1,3,5</u> Pancakes or Muffin <u>Wk 2,4</u> Waffle or Muffin	<u>Wk 1,3,5</u> Chicken Biscuit or Muffin <u>Wk 2,4</u> Ham/Ch Croissant or Muffin	<u>Wk 1,3,5</u> Omelet Biscuit or Muffin <u>Wk 2,4</u> Pancake Pup or Pizza or Muffin	<u>Wk 1,3,5</u> Donuts <u>Wk 2,4</u> Breakfast Bun
No Personal Pan Pizza/Salad Served on Mondays!				Lunch
Monday	Tuesday	Wednesday	Thursday	Friday
Sept 28 Chicken Tenders BBQ Riblet Turnip Greens Mashed Potatoes Roll	Sept 29 Popcorn Chicken Broccoli/Cheese Fries Biscuit	Sept 30 Quesadilla Refried Beans Salsa Cup Corn	Oct 1 Sausage or Chicken Scrambled Eggs Biscuit/Gravy Yogurt Tater Tots	Oct 2 BBQ Sandwich Fries Mustard/Ketchup/LPTO Carrot Sticks/Ranch
5 Chicken Nuggets Garlic Mashed Potatoes Green Peas Steamed Carrots Roll	6 Corndog Pops Corn Fries Mustard/Ketchup	7 Lasagna Steamed Broccoli Baked Potato Breadstick	8 Taco Soup Tortilla Chips Tater Tots/Ketchup Salad	9 Ham or Turkey Sandwich Chips Mustard/Mayo Cucumbers or Celery/Ranch V-Blend
12 Popcorn Chicken or Tenders Green Beans Sweet Potato Fries Macaroni/Cheese	13 Chicken & Waffles Tater Tots Corn-on-Cob	14 Beefy Tacos/Cheese Black Bean Salsa Corn Tortilla Scoops	15 Chicken Sandwich Chips Mustard/Ketchup/Mayo/LPTO Coleslaw Baked Beans	16 No School
19	20 	21 Fall Break!	22 	23
26 Beef Steak/Gravy Country Fried Steak Mashed Potatoes Green Beans Roll	27 Chicken Leg Black-Eyed Peas or Lima Beans CA Blend Veggies Biscuit	28 Chili/Crackers Hotdog Tater Tots/Ketchup Corn	29 Chicken Alfredo Glazed Carrots Scalloped Potatoes Roll	30 Hamburger/Cheese Fries Mustard/Ketchup/Mayo/LPTO Broccoli/Ranch

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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.