

Tarrant High School October 2026 Breakfast Menu

Smoothies available Mondays and Fridays, cereal available daily <u>Milk, 1% plain and fat free offered daily</u>				<u>Menu subject to change without notification</u>
Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9
Sausage and Cheese Grit Bowl or Muffin/Cinnamon Bun/String Cheese Fruit/Milk	Sausage Biscuit Fruit/Milk	Yogurt Parfait or Cinnamon Roll and String Cheese Fruit/Milk	French Toast and Sausage Fruit/Milk	Breakfast Taco or Muffins/Poptarts Fruit/Milk
Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
Sausage and Cheese Grit Bowl or Muffin/Cinnamon Bun/String Cheese Fruit/Milk	Chicken Biscuit, Mini Pancake Bites Fruit/Milk	Yogurt Parfait or Cinnamon Roll and String Cheese Fruit/Milk	Mini Pancakes and Sausage Fruit /Milk	Ham and Cheese Croissant or Poptarts Fruit/Milk
Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
Sausage and Cheese Grit Bowl or Muffin/Cinnamon Bun/String Cheese Fruit/Milk	Sausage Biscuit Fruit/Milk	Yogurt Parfait or Cinnamon Roll and String Cheese Fruit/Milk	French Toast and Sausage Fruit /Milk	Chicken Minis or Poptarts Fruit/Milk
Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30
Sausage and Cheese Grit Bowl or Muffin/Cinnamon Bun/String Cheese Fruit/Milk	Chicken Biscuit, Mini Pancake Bites Fruit/Milk	Yogurt Parfait or Cinnamon Roll and String Cheese Fruit/Milk	Mini Pancakes and Sausage Fruit /Milk	Inclement Weather Day No School
USDA Nondiscrimination Statement In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/ad-3027.pdf , from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: Program.Intake@usda.gov This institution is an equal opportunity provider.				

Tarrant High School October 2026 Lunch Menu

Peanut Butter and Jelly Sandwiches Available Daily Milk, 1% plain and fat free offered daily    Menu subject to change without notification				
Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9
<u>Choice of entrée</u>	<u>Choice of entrée</u>	<u>Choice of entrée</u>	<u>Choice of entrée</u>	<u>Choice of entrée</u>
Crispito	Chicken Alfredo	Dill Chicken Bites	Pizza	Cheeseburger
w/Cheese	Garlic Knot	Roll	Garlic Knot	
<u>Sides</u>	<u>Sides</u>	<u>Sides</u>	<u>Sides</u>	<u>Sides</u>
Corn	Steamed Broccoli	Roasted Potatoes	Baby Carrots w/Ranch	Oven Fries
Pinto Beans	Cooked Carrots	Green Beans	Sliced Cucumbers w/Tajin	Baked Beans
Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
<u>National</u>	<u>School</u>	<u>Lunch</u>	<u>Week</u>	<u>International</u>
Corndog	Taco Salad	BBQ Sandwich	Country Fried Steak w/Gravy	Fiesta Pizza
	Roll		Roll	
<u>Sides</u>	<u>Sides</u>	<u>Sides</u>	<u>Sides</u>	<u>Sides</u>
Smiley Fries/Baby Carrots	Pinto Beans/Corn	Sweet Potato Fries/Collard Greens	Green Beans/Mashed Potatoes	Baby Carrots/Slice Cucumbers
Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
<u>Choice of entrée</u>	<u>Choice of entrée</u>	<u>Choice of entrée</u>	<u>Choice of entrée</u>	<u>Choice of entrée</u>
Chicken Tenders	Spaghetti	BBQ Nachos	Pizza	Breaded Chicken Sandwich
Roll	Garlic Knot	Queso	Garlic Knot	
<u>Sides</u>	<u>Sides</u>	<u>Sides</u>	<u>Sides</u>	<u>Sides</u>
Roasted Potatoes	Steamed Broccoli w/Cheese	Pinto Beans	Baby Carrots w/Ranch	Sweet Potato Fries
Green Beans	Cooked Carrots	Sliced Cucumbers w/Tajin	Corn	Baked Beans
Assorted Fruit/Cookie	Assorted fruit	Assorted fruit	Assorted fruit	Assorted Fruit
Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30
<u>Choice of entrée</u>	<u>Choice of entrée</u>	<u>Choice of entrée</u>	<u>Choice of entrée</u>	<u>No School</u>
Italian Dunkers	Smoked Sausage	Sub Sandwich	Chili	<u>Inclement</u>
Marinara	Macaroni and Cheese	Chip	Cheese Toast	<u>Weather</u>
<u>Sides</u>	<u>Sides</u>	<u>Sides</u>	<u>Sides</u>	<u>Day</u>
Baby Carrots	Collard Greens	Baby Carrots	Green Beans	
Steamed Broccoli w/Cheese	Blackeye Peas	Cucumbers	Baby Carrots w/Ranch	
Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	