

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 1: Aug 8, Sept 12, Oct 17, Nov 28, Jan 17, Feb 21, Mar 27, May 8

Blueberry Breakfast Bites
Cereal & Pop-Tart
Fruit-Yogurt Parfait

Sausage Biscuit
Cereal & Toast

Breakfast Pizza
Cereal & Pop-Tart
Fruit Smoothie

Eggs & Waffles
Cereal & Toast

Grits, Ham & Biscuit Sticks
Cereal & Pop-Tart
Fruit-Yogurt Parfait

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

Blueberry Breakfast Bites

Sausage Biscuit

Breakfast Pizza

Assorted Mini Waffles

Breakfast Loaf & Yogurt

Week 2: Aug 15, Sept 19, Oct 24, Dec 5, Jan 23, Feb 27, Apr 10, May 15

Mini Bagels
Cereal & Toast

Pancake on a Stick & Eggs
Cereal & Pop-Tart
Fruit Smoothie

Chicken Biscuit
Cereal & Toast

Grits & Eggs with Toast
Cereal & Pop-Tart
Fruit-Yogurt Parfait

Pancakes & Sausage
Cereal & Toast

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

Mini Bagels

Pancake on a Stick

Chicken Biscuit

Pop-Tart & Yogurt

Cinnamon Pancakes

Week 3: Aug 22, Sept 26, Oct 31, Dec 12, Jan 30, Mar 6, Apr 17

Assorted Muffin & Yogurt
Cereal & Pop-Tart
Fruit-Yogurt Parfait

Biscuit Sticks & Eggs
Cereal & Toast

French Toast Bites & Eggs
Cereal & Pop-Tart
Fruit Smoothie

Ham Biscuit
Cereal & Toast

Cinnamon Roll & Eggs
Cereal & Pop-Tart
Fruit-Yogurt Parfait

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

Assorted Muffin & Yogurt

Mini Powdered Donuts

French Toast Bites

Ham Biscuit

Cinnamon Roll

Week 4: Aug 29, Oct 3, Nov 7, Jan 5, Feb 6, Mar 13, Apr 24

Apple Cinnamon Toast
Cereal & Toast

Pancake Pups & Eggs
Cereal & Pop-Tart
Fruit-Yogurt Parfait

Breakfast Pizza
Cereal & Toast

Grits, Eggs & Biscuit Sticks
Cereal & Pop-Tart
Fruit Smoothie

Chicken Mini's
Cereal & Toast

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

Apple Cinnamon Toast

Pancake Pups

Breakfast Pizza

Cereal Bar & Yogurt

Chicken Mini's

Week 5: Sept 7, Oct 11, Nov 14, Jan 9, Feb 13, Mar 20, May 1

Glazed Donut & Yogurt
Cereal & Pop-Tart
Fruit-Yogurt Parfait

Grits & Eggs with Toast
Cereal & Toast

Steak Biscuit
Cereal & Pop-Tart
Fruit Smoothie

French Toast Sticks & Eggs
Cereal & Toast

Dutch Waffle
Cereal & Pop-Tart
Fruit-Yogurt Parfait

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

GRAB-N-GO

Glazed Donut & Yogurt

Assorted Mini Pancakes

Steak Biscuit

Mini Cinni's

PB&J Uncrustable



DAILY AVAILABLE BREAKFAST OPTIONS

•• MILK OPTIONS ••

White Milk, 1% and Skim
Chocolate Milk, Skim
Strawberry Milk, Skim

FRESH FRUIT ASSORTED FRUIT CUPS

Did you know that Toombs County Schools has a district policy focused on wellness for our students?

Learn about our Wellness Policy

www.toombscountyschools.org



Student meals are served at no charge.
Adult Meal: \$2.00

STUDENTS MUST SELECT A FRUIT AT BREAKFAST

2022—2023 BREAKFAST MENU

This institution is an equal opportunity provider.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 1: Aug 8, Sept 12, Oct 17, Nov 28, Jan 17, Feb 21, Mar 27, May 8

Crispy Chicken Sandwich Deli Sub Sandwich Sweet Potato Waffle Fries Green Beans Garden Salad	Pepperoni Calzone Pork Chop with Cornbread Muffin Rice & Gravy Turnip Greens	Steak Nuggets Lasagna Bowl Garlic Breadstick Corn on the Cob French Style Green Beans	BBQ Sandwich Grilled Cheese Sandwich Baked Potato Baked Beans Veggie Cup with Dip	Choice of Pizza Chicken Wings with Texas Toast Seasoned Fries Glazed Carrots Garden Salad
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Week 2: Aug 15, Sept 19, Oct 24, Dec 5, Jan 23, Feb 27, Apr 10, May 15

Mini Corndogs Cheese Sticks & Marinara Roasted Red Potatoes Steamed Broccoli Veggie Cup with Dip	Beef Nachos Chicken Quesadilla Mexican Rice Whole Kernel Corn Cowboy Dip	BBQ Chicken GA Boy Sausage Cornbread Muffin Au Gratin Potatoes Black-eyed Peas Garden Salad	Hamburger Country Fried Steak with Roll Curly Fries Sweet Green Peas Veggie Cup with Dip	Choice of Pizza Chicken Chunks with Roll Green Beans Baked Sweet Potato Creamed Corn
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Week 3: Aug 22, Sept 26, Oct 31, Dec 12, Jan 30, Mar 6, Apr 17

Stuppy Joe Sandwich Hotdog Oven Fries Baked Beans Creamy Coleslaw	Spaghetti with Garlic Breadstick Burrito & Queso Dip Steamed Broccoli Corn Nuggets Caesar Salad	Salisbury Steak Chicken & Rice Roll Sweet Yam Patties Steamed Cabbage	MANAGER'S CHOICE	Choice of Pizza Cheeseburger Sweet Potato Waffle Fries Green Beans Garden Salad
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Week 4: Aug 29, Oct 3, Nov 7, Jan 5, Feb 6, Mar 13, Apr 24

Turkey BLT Sandwich Popcorn Chicken with Roll Scalloped Potatoes Black-eyed Peas	Hickory Fries with Garlic Breadstick PB&J Sandwich Italian Green Beans Glazed Carrots Popeye Salad	Oven Fried Chicken with Roll Corndog Mashed Potatoes & Gravy Steamed Broccoli Garden Salad	Baked Ham Roast with Gravy Cornbread Muffin Macaroni & Cheese GA Grown Peas Collard Greens	Choice of Pizza Buffalo Chicken Sandwich Whole Kernel Corn Onion Rings Veggie Cup with Dip
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Week 5: Sept 7, Oct 11, Nov 14, Jan 9, Feb 13, Mar 20, May 1

Bacon Cheeseburger Wild Mike's Cheesy Bites Green Peas Sweet Yam Patties Veggie Cup with Dip	Beef Soft Taco Chicken Nachos Mexican Rice Whole Kernel Corn Black Bean Salsa	Chicken Tenders with Roll Sausage Dog Potato Wedges Green Beans Fruity Coleslaw	Philly Steak Sandwich Crispy Chicken Sandwich Tater Tots Baby Lima Beans Veggie Cup with Dip	Choice of Pizza Mashed Potato Bowl with Roll Field Peas Corn Nuggets
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DAILY AVAILABLE LUNCH OPTIONS

• • MILK OPTIONS • •

- White Milk, 1% and Skim
- Chocolate Milk, Skim
- Strawberry Milk, Skim

FRESH FRUIT ASSORTED FRUIT CUPS

LUNCHBOX BUDDY

CHEF SALADS



Student meals are served at no charge. Extra items and second meals are not included. Adult Meal: \$3.50

STUDENTS MUST SELECT A FRUIT OR VEGETABLE AT LUNCH

2022—2023 TCMS LUNCH MENU

This institution is an equal opportunity provider.