

TROUSDALE COUNTY HIGH SCHOOL



October 2019

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Wk 1, 3, 5</u> Muffin/Crackers <u>Wk 2, 4</u> French Toast Sticks/Yogurt	<u>Wk 1, 3, 5</u> Chicken Biscuit <u>Wk 2, 4</u> Chicken Biscuit	<u>Wk 1, 3, 5</u> Breakfast Pizza <u>Wk 2, 4</u> Pancake Pup	<u>Wk 1, 3, 5</u> Sausage Biscuit <u>Wk 2,4</u> Sausage Biscuit	<u>Wk 1, 3, 5</u> Donuts or Cereal <u>Wk 2, 4</u> Cinnamon Roll

Personal Pan Pizza & Salad Served Daily!

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Sept 30 Country Fried Steak Turnip Greens Pinto Beans Mashed Potatoes Cornbread	1 Chicken Smackers Broccoli/Cheese Fries Slushie Breadstick	2 Quesadilla Refried Beans Salsa Cup Mexican Rice Corn	3 Chicken Parmesan CA Blend Veggies Fries Garlic Bread	4 Hamburger/Cheese Sliders Mustard/Ketchup/Mayo/LPTO Fries Carrot Sticks/Ranch
7 Chicken Nuggets Garlic Mashed Potatoes Green Peas Steamed Carrots Roll	8 Corndog Pops Corn Fries	9 Fish Wedge Fries White Beans Coleslaw Hushpuppies	10 Lasagna Steamed Broccoli Baked Potato Roll	11 Deli Sandwich Chips Mustard/Ketchup/Mayo/LPTO Cucumbers/Ranch
14 Gen. Tso Chicken Fried Rice Egg Roll Oriental Veggies Fortune Cookie	15 Chicken Tenders Green Beans Sweet Potato Fries Macaroni/Cheese Slushie	16 Cheesy Chicken Rice Refried Beans Corn	17 BBQ Sandwich Potato Salad Baked Beans	18 No School
21 	22 Fall	23 Break	24 Break	25 
28 Beef Steak/Gravy Mashed Potatoes Pinto Beans Roll	29 Chicken Leg Mixed Beans CA Blend Veggies Garlic Cheddar Biscuit	30 Meatball Sub Roasted Cauliflower Fries	31 Chicken Alfredo Green Beans Glazed Carrots Scalloped Potatoes Roll	Nov 1 Chicken Sandwich Mustard/Ketchup/LPTO Chips Coleslaw Baked Beans

A variety of milk and fruit is served with breakfast and lunch daily.

Condiments and dressings will be offered depending on the day's menu. **Menus are subject to change.** Check school cafeteria for updates.
This institution is an Equal Opportunity Provider.