

Monday

Tuesday

Wednesday

Thursday

Friday


Everyday Offerings:
Assorted Fresh and Canned Fruit
100% Fruit Juice
Choice of Unflavored Low fat or Flavored Milk

Breakfast Includes Entrée Plus Two Fruits
(or 1 juice and 1 fruit) and Choice of Milk!

1

Breakfast Bun
Or
Assorted Cereals &
RF Cheese Stick

2

National Orange Juice Day

Cinnamon Roll
Or
Assorted Cereals &
RF Cheese Stick

Cinco De Mayo
Hot Chocolate
Mexican Scone
Or
Assorted Cereals &
RF Cheese Stick

Peach Smoothie
WG Muffin
Or
Assorted Cereals &
RF Cheese Stick

Egg and Cheese
on a Croissant
Or
Assorted Cereals &
RF Cheese Stick

Mini Pancakes
Or
Assorted Cereals &
RF Cheese Stick

3

Honey Wheat
Breakfast Bar
Or
Assorted Cereals &
RF Cheese Stick

Taco Tuesday
Egg and Cheese Wrap
with Tater Tots
Or
Assorted Cereals &
RF Cheese Stick

Mini Waffles
Or
Assorted Cereals &
RF Cheese Stick

Freshly Baked
Cinnamon Buns
Or
Assorted Cereals &
RF Cheese Stick

National Chocolate Chip Day
Chocolate Smoothie with
Chocolate Chip Muffin
Or
Assorted Cereals &
RF Cheese Stick

4

Assorted
Breakfast Rolls
and Breads
Or
Assorted Cereals &
RF Cheese Stick

Frozen Bark
Or
Assorted Cereals &
RF Cheese Stick

Cinnamon Rush
French Toast
Or
Assorted Cereals &
RF Cheese Stick

National Eat your Fruits and Vegetables Day!
Go Green Smoothie!
WG Muffin
Or
Assorted Cereals &
RF Cheese Stick

Goody Ring
Or
Assorted Cereals &
RF Cheese Stick

5

Memorial Day


Assorted
Breakfast Rolls
and Breads
Or
Assorted Cereals &
RF Cheese Stick

Strawberry Smoothie
WG Muffin
Or
Assorted Cereals &
RF Cheese Stick

Freshly Baked
Cinnamon Buns
Or
Assorted Cereals &
RF Cheese Stick

Breakfast Bun
Or
Assorted Cereals &
RF Cheese Stick

Menu is subject to change. Students with food allergies should notify the cafeteria staff and check with the food service manager before selecting meals

This institution is an equal opportunity provider.
Contact Food Service Director, Jennifer Zarrilli, MS, RDN, CDN with any questions –
203-879-8145 or jzarrilli@thomastonschools.org