




# Daily Breakfast Menu

## Thomaston High and Thomaston Center School



Choose one 8oz. Milk Counts as one Item	Choose up to Two Fruit Items	Choose One Item	Choose One Only Counts as 2 Items
<ul style="list-style-type: none"> <li>• 1% White</li> <li>• Fat Free Chocolate</li> </ul> 	<ul style="list-style-type: none"> <li>• Fresh Fruit</li> <li>• Canned Fruit</li> <li>• Juice (4 OZ.)</li> </ul> 	<p>Whole Grain Muffin</p> <p><b>AND CHOOSE ONE ADDITIONAL ITEM</b></p> <ul style="list-style-type: none"> <li>• Low Fat Yogurt</li> <li>• String Cheese</li> </ul> 	<p><b>Daily Options:</b> Breakfast Breads, Sweet Rolls, Breakfast Buns, Muffins, Bars, 2 oz Reduced Sugar Whole Grain Cereal</p> <p><b>Weekly Specials:</b> Monday: Cinni Mini's or Apple Frudal Tuesday: Egg and Cheese Sandwich Wednesday: Pancake or French Toast Thursday: Smoothie and a Muffin Friday: Bear-ly Awake Breakfast Wrap with Tater Tots</p>
<p>Breakfast Meal: \$2.25 Reduced: .30 Free Breakfast for eligible children</p>	<p><b>STUDENTS MUST TAKE A MINIMUM OF 3 ITEMS ONE BEING A FRUIT OR A JUICE</b></p>		

Menu is Subject to Change. Please notify Kitchen Manager of any allergies.  
This institution is an equal opportunity provider.

