

SEPTEMBER 2026

Roane County Schools Middle

Daily offerings: cereal, pop tarts,
fresh fruit, chilled fruit, fruit juice,
and milk variety



BREAKFAST

Monday

Tuesday

Wednesday

Thursday

Friday

Cinnamon Roll
Ham & Cheese Croissant

Breakfast Pizza
Biscuit
Sausage/Chicken

Waffles
Smoothie or Parfait

Biscuit
Sausage/Chicken
Eggs



French Toast Sticks
Biscuit
Sausage/Chicken

Ham & Cheese
Croissant
Assorted Pastries

Cinnamon Roll
Biscuit
Sausage/Chicken

Strawberry &
Blueberry mixed Parfait
Homemade Muffin Bars

Mini pancakes
Biscuit
Sausage/Chicken

Assorted Donuts
Mini Cini or Frudel

Cinnamon Roll
Biscuit
Sausage/Chicken

Breakfast Pizza Bagel
Smoothie or Parfait

Biscuit
Sausage/Chicken
Eggs

Pancake on a stick
Biscuit
Sausage/Chicken

Cinnamon Roll
Ham & Cheese Croissant

Breakfast Pizza
Biscuit
Sausage/Chicken

Waffles
Smoothie or Parfait

Biscuit
Sausage/Chicken
Eggs

French Toast Sticks
Biscuit
Sausage/Chicken

Homemade Muffin Bars
Yogurt Cup

Cinnamon Roll
Biscuit
Sausage/Chicken

*Menus are subject to change