



October
2024

Tri County Middle and High School

Monday	Tuesday	Wednesday	Thursday	Friday
30 No School Today	1 Pancake Bites with Syrup <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	2 Egg & Cheese on a Croissant <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	3 Cinnamon Roll with Sausage Link <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	4 Sausage Gravy Pizza <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>
7 Cinni Minnis <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	8 WG French Toast Bites with Syrup <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	9 English Muffin with Ham and Cheese <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	10 Apple Frudel <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	11 Sausage & Pepperjack Pancake Sandwich <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>
14 Apple Frudel <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	15 Bosco Stick with Marinara Sauce <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	16 Egg Patty and Cheese on a Bagel <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	17 Everything Roll with Cream Cheese <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	18 Sausage & Cheese Breakfast Wrap <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>
21 Cinni Minnis <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	22 Ham & Cheddar on an English Muffin <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	23 Pizza Cruncher with Pizza Sauce Dip <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	24 Bacon Scramble Pizza <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	25 Strawberry or Grape PB&J <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>

DAILY ALTERNATES

Benefit Bar	Benefit Bar	Benefit Bar	Benefit Bar	Benefit Bar
Cheese Stick/Goldfish	Cheese Stick/Goldfish	Cheese Stick/Goldfish	Cheese Stick/Goldfish	Cheese Stick/Goldfish
Poptart	Poptart	Poptart	Poptart	Poptart
Fruit Parfait	Fruit Parfait	Fruit Parfait	Fruit Parfait	Fruit Parfait
Variety of Big Cereal	Variety of Big Cereal	Variety of Big Cereal	Variety of Big Cereal	Variety of Big Cereal
Crackers & Hard Boiled Egg	Crackers & Hard Boiled Egg	Crackers & Hard Boiled Egg	Crackers & Hard Boiled Egg	Crackers & Hard Boiled Egg
Cottage Cheese	Cottage Cheese	Cottage Cheese	Cottage Cheese	Cottage Cheese
Chocolate Chip Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin
UBR	UBR	UBR	UBR	UBR
Crunchmania	Crunchmania	Crunchmania	Crunchmania	Crunchmania

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and 1% chocolate.

Fruit juice will be available daily.

Menus subject to change without notice



HIGH: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

MIDDLE: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate.

ELEMENTARY: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate.

No School Today	Ham & Cheddar on an English Muffin	Pizza Cruncner with Pizza Sauce Dip	Strawberry or Grape	Apple Frudel
	No School Today	Welcome Back!!		

Sausage & Cheese on an English Muffin	Everything Roll with Cream Cheese	Egg & Cheese Eggoji Waffle Sandwich	Sausage & Pepperjack Pancake	Bosco Stick with Marinara
			Assorted Chilled Fruit	Assorted Chilled Fruit
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit

Egg & Cheese Waffle Sandwich
Assorted Chilled Fruit
Fresh Whole Fruit

Happy Spring Break