



## Tri County Elementary Lunch Menu October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
(2)30 <b>No School Today</b>	1 <b>Popcorn Chicken</b> <i>Corn Muffin</i> <i>Mashed Potatoes with Gravy</i>	2 <b>Nachos with Cheese Sauce</b> <i>Taco Meat</i> <i>Seasoned Refried Beans and Salsa</i>	3 <b>Diced Ham with Macaroni &amp; Cheese</b>  <i>Caesar Salad</i>	4 <b>Cheese or Pepperoni Pizza</b>  <i>Spring Mix Salad</i>
(3)7 <b>Sweet &amp; Sour Popcorn Chicken</b> <i>Sweet &amp; Sour Sauce</i> <i>Veggie Egg Roll</i>	8 <b>Chicken Nuggets</b> <i>Seasoned Roasted Broccoli</i> <i>Macaroni Salad</i>	9 <b>Totatoes with Seasoned BBQ Diced Chicken</b>  <i>Corn Muffin</i>	10 <b>Breaded Chicken or Spicy Chicken Patty on WG Bun</b>  <i>Curly Fries</i>	11 <b>Cheese or Pepperoni Pizza</b>  <i>Spring Mix Salad</i>
(4)14 <b>Big or Little Corn Dog</b>  <i>Seasoned Curly Fries</i>	15 <b>Chicken Tenders with a WG Dinner Roll</b> <i>Honey Mustard Dip</i> <i>Corn Ranch Salad</i>	16 <b>Bosco Sticks with Marinara Sauce</b>  <i>Seasoned Glazed Baby Carrots</i>	17 <b>Ham and Cheese Sandwich with Fritos</b>  <i>Fresh Lettuce and Sliced Tomato</i>	18 <b>Cheese or Pepperoni Pizza</b>  <i>Spring Mix Salad</i>
(1)21 <b>Cheeseburger on a WG Bun</b>  <i>Seasoned Fries</i> <i>Fresh Lettuce and Sliced Tomato</i>	22 <b>WG Chicken Drumstick</b>  <i>Macaroni &amp; Cheese</i> <i>Seasoned Oven Roasted Cauliflower</i>	23 <b>Scrambled Eggs, Sausage, and French Toast</b>  <i>Tater Tots</i>	24 <b>Beef Hot Dog on a WG Bun</b>  <i>Pickle Relish/Onions</i> <i>Boston Baked Beans</i>	25 <b>Cheese or Pepperoni Pizza</b>  <i>Spring Mix Salad</i>
DAILY FRUIT AND VEGGIE BAR				
<i>Celery Sticks</i> <i>Fresh Green Peppers</i> <i>Fresh Cauliflower</i> <i>Fresh Broccoli</i>	<i>Power Carrots</i> <i>Romaine Lettuce</i> <i>Grape Tomatoes</i> <i>Sliced Cucumbers</i>	<i>Broccoli Raisin Salad (1)</i> <i>Broccoli Slaw (2)</i> <i>Black Bean Salad (3)</i> <i>Corn Ranch Salad (4)</i>	<i>Cauliflower "Potato" Salad (1)</i> <i>Caesar Salad (2)</i> <i>Pea Salad (3)</i> <i>Italian Chickpea Salad (4)</i>	For questions, comments, for suggestions, please call Lisa Newton, Director of Food Services @ 231-937-4338 ext. 1118
DAILY ALTERNATES				
PB&J will be available everyday as an optional meal. (As long as it is in stock.)				
Make your own Parfait with a Cheese Stick (Week 1)	Hard-boiled Egg, Muffin, and Cheez-its (Week 2)	Peanut Butter and Graham Crackers (Week 3)	Hummus, Baby Carrots, Tortilla Chips, Cheese Stick (Week 4)	

Menu subject to change without notice

USDA is an equal opportunity provider