



Tri County Middle School

LUNCH MENU October 14th - 18th, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast for Lunch	Salisbury Bowl	Nacho Bowl	Egg Fun Lunch	PB&J Lunch
create	Scrambled Eggs with a Sausage Patty Pancake Bites Maple Syrup Hash Brown Patties	Salisbury Steak Mashed Potatoes with Creamy Beef Gravy Sauted Mushrooms Whole Grain Biscuit	Spicy Taco Meat Tortilla Chips Cheese Sauce Refried Beans Guacamole, Pico de Gallo, and Sour Cream	Hard Boiled Egg Fruit Muffin Cheese Stick Cheez its Baby Carrots Fresh Pear	PB&J Sandwich Fritos Baby Carrots Fresh Apple Fruit Snack
2nd mato	Pepperoni Pizza Classic Cheese Pizza	Taco Pizza with Cheddar Cheese Classic Cheese Pizza	Bacon Tater Tot Pizza Classic Cheese Pizza	BBQ Chicken Pizza Classic Cheese Pizza	French Bread Pepperoni or Cheese Pizza Classic Cheese Pizza
grill'd	Classic Cheeseburger Breaded Chicken on a Bun	Spicy Tenders with a Biscuit Ham & Pepperjack Quesadilla	BLT Biurger Breaded Chicken on Waffles	Spicy Chicken with Cheese on a Bun Turkey Bacon Ranch Wrap	Mushroom Swiss Burger Nashville Chicken Nuggets with Dinner Roll
ON THE GO	Chicken Bacon Club Sandwich	Ham & Cheese Wrap	Turkey Cobb Salad	Tuna Salad Sub	Veggie Wrap with Egg and Cream Cjeese
	Make your own Parfait				
EXTRA EXTRA	Power Carrots Fresh Whole Fruit Chickpea Salad Garbanzo Beans Celery Sticks Assorted Chilled Fruit	Fresh Celery Sticks Chopped Romaine Fresh Whole Fruit Chickpea Salad Pear Raisin Salad Assorted Chilled Fruit	Fresh Broccoli Grape Tomatoes Fresh Whole Fruit Assorted Chilled Fruit Power Carrots Chopped Romaine	Ranch Corn Salad Grape Tomatoes Fresh Whole Fruit Assorted Chilled Fruit Chickpea Salad Chopped Romaine	Baby Carrots Red Peppers Fresh Whole Fruit Assorted Chilled Fruit Pear Raisin Salad Chopped Romaine

MIDDLE SCHOOL: 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.

For questions, comments, or suggestions, please call Lisa Newton, Director of Food Services @ 231-937-4338