



October
2024

Tri County Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
30 Fruit Muffin with Peanut Butter <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	1 Cheerios Bar <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	2 Ultimate Breakfast Round - Banana Chocolate Chip <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	3 Big R/S Trix Cereal <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	4 Blueberry Pancakes <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk
7 Scooby Doos with Peanut Butter <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	8 Maple Waffles <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	9 Jungle Crackers with small Trix R/S Cereal <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	10 Ultimate Breakfast Round - Oatmeal Apple Cinnamon <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	11 Big Lucky Charms <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk
14 Big Blueberry Chex Cereal <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	15 Big Cinnamon Toast Bar <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	16 Fruit Muffin with Peanut Butter <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	17 Big Cinnamon Toast Crunch R/S Bowl <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	18 Confetti Panckaes <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk
21 Big Graham Crackers <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	22 Big Honey Cheerio Bowl <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	23 Giant Cinnamon Crackers with Peanut Butter <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	24 Maple Waffles <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk	25 Big Cinnamon Toast Crunch Bar <i>Fruit, Juice, or Dry Fruit</i> 1% Low-fat Milk Skim Milk

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 skim milk.

For questions, comments, or suggestions, call Lisa Newton, Director of Food Services @ 231-937-4338 ext. 1118

Menus subject to change without notice

Assorted fruit, dried fruit, or fruit juice will be provided each day.