



January  
2024

## Tri County Middle and High School

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Welcome Back!!</b>	2	3 <b>Cinni Minnis</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	4 <b>Ham &amp; Egg Quesadilla</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	5 <b>Strawberry or Grape PB&amp;J</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>
8 <b>Apple Frudel</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	9 <b>Waffle with Sausage Link</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	10 <b>Egg &amp; Cheese on a Croissant</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	11 <b>Oatmeal Packets with Sausage Link</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	12 <b>Sausage Gravy Pizza</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>
15 <b>WG French Toast Bites with Syrup</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	16 <b>Egg &amp; Bacon Pizza</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	17 <b>Cinnamon Roll with a Sausage Link</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	18 <b>Everything Mini Sub Roll</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	19 <b>Sausage &amp; Pepperjack Pancake Sandwich</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>
22 <b>Cinni Minnis</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	23 <b>Bosco Stick with Marinara Sauce</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	24 <b>Sausage &amp; Cheese on an English Muffin</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	25 <b>Everything Roll with Cream Cheese</b> <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	26 <b>Egg &amp; Cheese Eggoji Waffle Sandwich</b> <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

This institution is an equal opportunity provider

For questions, comments, or suggestions, call  
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231-937-4338 ext. 1118