



October
2025

Tri County Middle and High School

Monday	Tuesday	Wednesday	Thursday	Friday
13 Cinni Minnis <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	14 Ham & Cheddar on an English Muffin <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	15 Pizza Cruncher with Pizza Sauce Dip <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	16 Bacon Scramble Pizza <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	17 Strawberry or Grape PB&J <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>
20 Apple Frudel <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	21 Pancake Bites with Syrup <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	22 Egg Patty and Cheese on a Croissant <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	23 Cinnamon Roll with Icing <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	24 Sausage Gravy Pizza <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>
27 Cinni Minnis <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	28 Egg and Bacon on WG Pancakes <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	29 Cinnamon Cream Cheese Stuffed Bagel <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	30 Bacon, Cheese, and Egg Pocket <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	31 Ham and Cheese Quesadilla <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>
3 Apple Frudel <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	4 Bosco Stick with Marinara Sauce <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	5 Egg and Cheese on a Bagel <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	6 Small PB&J <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	7 Mini Sub with Cream Cheese or Peanut Butter <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 Poptart	Cheese Stick/Goldfish Poptart	Cheese Stick/Goldfish Poptart	Cheese Stick/Goldfish Poptart	Cheese Stick/Goldfish 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