



September
2024

Tri County Middle and High School

Monday	Tuesday	Wednesday	Thursday	Friday
26 Cinni Minnis <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	27 Ham & Cheddar on an English Muffin <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	28 Pizza Cruncher with Pizza Sauce Dip <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	29 Bacon Scramble Pizza <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	30 No School Today
2 No School Today	3 Pancake Bites with Syrup <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	4 Egg & Cheese on a Croissant <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	5 Cinnamon Roll with Sausage Link <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	6 Sausage Gravy Pizza <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>
9 Cinni Minnis <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	10 WG French Toast Bites with Syrup <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	11 English Muffin with Ham and Cheese <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	12 Apple Frudel <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	13 Sausage & Pepperjack Pancake Sandwich <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>
16 Apple Frudel <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	17 Bosco Stick with Marinara Sauce <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	18 Egg Patty and Cheese on a Bagel <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	19 Everything Roll with Cream Cheese <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	20 Sausage & Cheese Breakfast Wrap <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>
23 Cinni Minnis <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	24 Ham & Cheddar on an English Muffin <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	25 Pizza Cruncher with Pizza Sauce Dip <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	26 Bacon Scramble Pizza <i>Assorted Chilled Fruit</i> <i>Fresh Whole Fruit</i>	27 Strawberry or Grape PB&J <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

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

This institution is an equal opportunity provider

HIGH: A full student lunch includes a choice of entrée supplyi
dishes, two (2) fruit side dishes, and a choice of milk. Milk ch

SIMPLY vegetable side
kim chocolate.
GOOD (2) vegetable side
m chocolate.

MIDDLE: A full student lunch includes a choice of entrée supp
dishes, one (1) fruit side dish, and a choice of milk. Milk choic

ELEMENTARY: 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.

No School
Today

Ham & Cheddar on an English Muffin

Ham & Cheddar on an English Muffin
Assorted Chilled Fruit
Fresh Whole Fruit

Pizza Cruncher with Pizza Sauce Dip
Assorted Chilled Fruit
Fresh Whole Fruit

Strawberry or Grape PB&J
Assorted
Fresh Whole

Apple Frudel
Assorted
Chilled Fruit
Fresh Whole
Fruit

Welcome Back!!

Sausage & Cheese on an English Muffin

Assorted Chilled Fruit
Fresh Whole Fruit

Everything Roll with Cream Cheese

Assorted Chilled Fruit
Fresh Whole Fruit

Egg & Cheese Eggoji Waffle Sandwich

Assorted Chilled Fruit
Fresh Whole Fruit

Sausage & Pepperjack Pancake
Assorted
Chilled Fruit
Fresh Whole
Fruit

Bosco Stick with Marinara
Assorted
Chilled Fruit
Fresh Whole
Fruit

Egg & Cheese Waffle Sandwich

Assorted Chilled Fruit
Fresh Whole Fruit

Happy Spring
Break