



## Tri County Elementary Lunch Menu

### January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
(1)1 <b>Welcome Back</b>	2	3 <b>Scrambled Eggs, Sausage, and French Toast</b>  <i>Tater Tots</i>	4 <b>Beef Hot Dog on a WG Bun</b> <i>Pickle Relish/Onions</i>  <i>Boston Baked Beans</i>	5 <b>Cheese or Pepperoni Pizza</b>  <i>Spring Mix Salad</i>
(2)8 <b>Pancake on a Stick</b>  <i>Sweet Potato Fries</i>	9 <b>Nachos with Cheese Sauce</b> <i>Taco Meat</i> <i>Seasoned Refried Beans and Salsa</i>	10 <b>Meatball Sub</b>  <i>Crinkle Cut Fries</i>	11 <b>Popcorn Chicken</b>  <i>Corn Muffin</i>  <i>Seasoned Corn</i>	12 <b>Cheese or Pepperoni Pizza</b>  <i>Spring Mix Salad</i>
(3)15 <b>Chicken Nuggets with BBQ Dip</b>  <i>Seasoned Corn</i>  <i>Macaroni Salad</i>	12 <b>Diced Turkey Ham with Macaroni &amp; Cheese</b>  <i>Oven Roasted Broccoli</i>	13 <b>Sausage &amp; Cheese Pancake Sandwich</b>  <i>Hash Browns</i>	14 <b>Breaded Chicken Patty on WG Bun</b>  <i>Cauliflower "Potato" Salad</i>  <i>Fresh Lettuce and Sliced Tomato</i>	15 <b>Cheese or Pepperoni Pizza</b>  <i>Spring Mix Salad</i>
(4)18 <b>Corn Dog</b>  <i>Baked Potato Wedges</i>	19 <b>Chicken Tenders with a WG Dinner Roll</b>  <i>Honey Mustard Dip</i>  <i>2 Bean Salad</i>	20 <b>Sweet &amp; Sour Popcorn Chicken</b>  <i>Veggie Egg Roll</i>	23 <b>Ham and Cheese Sandwich</b>  <i>Cole Slaw</i> <i>Fresh Lettuce and Sliced Tomato</i>	24 <b>Cheese or Pepperoni Pizza</b>  <i>Spring Mix Salad</i>
DAILY FRUIT AND VEGGIE BAR				
<i>Celery Sticks</i> <i>Fresh Green Peppers</i> <i>Fresh Cauliflower</i> <i>Fresh Broccoli</i>	<i>Power Carrots</i> <i>Romaine Lettuce</i> <i>Grape Tomatoes</i> <i>Sliced Cucumbers</i>	<i>Black Bean Salad (1)</i> <i>Cheddar Pea Salad (2)</i> <i>Caribbean Salad (3)</i> <i>Chickpea Salad (4)</i>	<i>Two Bean Salad (1)</i> <i>Pear Raisin Salad (2)</i> <i>Italian Chickpeas (3)</i> <i>Teriyaki Broccoli Salad (4)</i>	For questions, comments, for suggestions, please call Lisa Newton, Director of Food Services @ 231-937-4338 ext. 1118
DAILY ALTERNATES				
PB&J will be available everyday as an optional meal. (As long as it is in stock.)				
Cold Nacho Dip (Week 1)	Make your own Parfait with a Cheese Stick (Week 2)	Hard-boiled Egg, Muffin, and Cheez-its (Week 3)	Big Cinnamon Toast Crunch, Turkey Jerky, Cheese Stick (Week 4)	

**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 1% chocolate.