



Tri County High School

LUNCH MENU October 13th - 17th, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	Burger Bar	Sub Bar	TOTchos	Sub Bar	Satay Chicken Bowl
create	100% Beef Patty <i>Regular or Pretzel Bun</i> Assorted Cheeses, Lettuce, Tomatoes, and other Burger toppings Seasoned Curly Fries	Turkey, Salami, Ham, or Pepperoni Assorted Cheeses, Lettuce, Tomatoes, and other Burger toppings WG Sub or Wrap	Tator Tots <i>Turkey Barbacoa with</i> Cheese Sauce and Guacamole Corn Muffin Fritos	Turkey, Salami, Ham, or Pepperoni Assorted Cheeses, Lettuce, Tomatoes, and other Burger toppings WG Sub or Wrap	Marinated Chicken Wings <i>Brown Rice and Lentils</i> with a side of Flatbread Spiced Yogurt Satay Sauce
2nd mate	Pepperoni Pizza Classic Cheese Pizza	Bacon Cheeseburger Pizza Classic Cheese Pizza	Hawaiian Pizza Classic Cheese Pizza	Pepperoni & Jalapeno Pizza Classic Cheese Pizza	Supreme Sausage Pizza Classic Cheese Pizza
grill'd	Beef Cheeseburger Breaded Chicken Sandwich with Cheese	Sausage, Egg, and Cheese on Croissant BBQ Breaded Chicken with Cheddar Cheese	Jalapeno Cheddar Burger Chicken Ranch Sandwich	BLT Burger Turkey, Bacon, and Pepperjack on a Bun	Turkey Barbacoa Quesadilla Grilled Chicken Sandwich
ON THE GO	Chicken BLT Salad	Turkey, Ham, Egg, Chef Salad with Provolone	Ham and Cheddar Chef Salad	Ham, Turkey, and Pepperjack Chef Salad	Italian Chopped Salad with Pepperoni, Turkey, Mozzarella Cheese, Lettuce, Tomato, and Italian Dressing
	Ham and Swiss Sub	Turkey Hummus Wrap	Roast Beef Provolone Sub	Egg Veggie Wrap with Cream Cheese	Egg Salad On a Croissant with Lettuce
	Make your own Parfait Bar				
EXTRA EXTRA	3 Bean Salad/Cilantro Romaine Lettuce Fresh Whole Fruit Assorted Chilled Fruit Pea Salad Power Carrots	Celery Sticks Romaine Lettuce Fresh Whole Fruit Assorted Chilled Fruit 3 Bean Salad/Cilantro Fresh Broccoli	Power Carrots Romaine Lettuce Fresh Whole Fruit Assorted Chilled Fruit Grape Tomatoes Black Bean Salad	Pea Salad Romaine Lettuce Fresh Whole Fruit Assorted Chilled Fruit Power Carrots Sliced Cucumbers	Fresh Cauliflower Romaine Lettuce Fresh Whole Fruit Assorted Chilled Fruit 3 Bean Salad/Cilantro Grape Tomatoes

HIGH SCHOOL: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dishes, and a choice of milk. Milk choices include skim white and skim chocolate.

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