



Tri County Middle School

LUNCH MENU January 15th - 19th, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast for Lunch	Drum & Mac	Totchos	Sub Bar	Rotini Pasta
create	Scrambled Eggs Sausage Patty French Toast Sticks Hash Browns Maple Syrup	Breaded Chicken Drumstick Macaroni & Cheese 2 Bean Salad	Tater Tots topped with Turkey Barbacoa Pico de Gallo Shredded Lettuce Shredded Cheddar Garlic Flatbread Chips	Sub topping include: Turkey, Ham, Salami, Assorted Cheeses and Veggies WG Hoagie Bun Fun Fritos	Rotini Pasta with Italian Meat Sauce Garlic Breadstick Parmesan Cheese
2nd mate	Pepperoni Pizza Classic Cheese Pizza	Turkey Barbacoa Cheese Quesadilla Classic Cheese Pizza	Chicken Broccoli Alfredo Pizza Classic Cheese Pizza	Meat Lover's Pizza Classic Cheese Pizza	Hawaiian Pizza Classic Cheese Pizza
grill'd	Cheeseburger on a Bun Spicy Chicken Sandwich	Pizza Burger Hot Ham and Cheese Sandwich	Pepperjack Cheeseburger Spicy Chicken with Pickles	BLT Burger Shredded BBQ Chicken on a Bun	Turkey Cheeseburger BBQ Pulled Pork Sandwich
ON THE GO	Hummus with Chips and Veggies	Chicken Salad on a Croissant	Chicken Wrap with Buffalo Mayo	Greek Chicken Salad	Triple Decker PB&J Sandwich
	Make your own Parfait Bar				
EXTRA	Caribbean Salad Power Carrots Chopped Romaine Grape Tomatoes Fresh Whole Fruit Assorted Chilled Fruit	Celery Sticks Garbanzo Beans Chopped Romaine Garbanzo Beans Fresh Whole Fruit Assorted Chilled Fruit	Sliced Cucumbers Caribbean Salad Chopped Romaine Garbanzo Beans Fresh Whole Fruit Assorted Chilled Fruit	Power Carrots Garbanzo Beans Chopped Romaine Pea Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Cauliflower Garbanzo Beans Chopped Romaine Garbanzo Beans Fresh Whole Fruit Assorted Chilled Fruit

MIDDLE SCHOOL: 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.

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