



## Tri-County Schools Lunch Menu

This institution is an equal opportunity provider

**October 9 – 13, 2017**



<b>Monday, October 9</b>	NO SCHOOL
<b>Tuesday, October 10</b>	Tacos on w.w. Wrap Rice & Beans Corn
<b>Wednesday, October 11</b>	Mac and Cheese Plain or Ham Peas
<b>Thursday, October 12</b>	Chicken Caccatori over Pasta Broccoli
<b>Friday, October 13</b>	BBQ Pork Mashed Sweet Potatoes Carrots

### **FRUIT AND SALAD BAR:**

**Mixed greens, baby carrots, grape tomatoes, cucumbers, olives, peppers, grapes, watermelon, honey dew melon, pineapple, cantaloupe, low fat cottage cheese, cubed cheese, eggs, fat free yogurt, wheat thins, wholegrain diner roll.**

### **ALL MEALS SERVED WITH YOUR CHOICE OF:**

**1% MILK, FAT FREE STRAWBERRY MILK,  
FAT FREE CHOCOLATE MILK, AND 4oz OF JUICE**

**PLEASE INFORM SERVER OF ANY ALLERGIES**