



# Tri County High School

## LUNCH MENU January 19th - 23rd, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	Burger Bar	BBQ Wings	TOTchos	Sub Bar	Satay Chicken Bowl
<b>create</b>	100% Beef Patty <i>Regular or Pretzel Bun</i> Assorted Cheeses, Lettuce, Tomatoes, and other Burger toppings  Seasoned Curly Fries	BBQ Chicken Wings <i>Macaroni Salad</i> Corn on the Cob Mini Sub Roll	Tator Tots <i>Turkey Barbacoa with</i> Queso Sauce and Guacamole Corn Muffin Fritos	Turkey, Salami, Ham, or Pepperoni <i>Assorted Cheeses,</i> Lettuce, Tomatoes, and other Burger toppings  WG Sub or Wrap	Jamaican Jerk Marinated Chicken Thin Cuban Brown Rice Pineapple Mango Slaw
<b>2<sup>nd</sup> mateo</b>	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
<b>grill'd</b>	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
<b>ON THE GO</b>	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				
<b>EXTRA EXTRA</b>	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