



AUGUST | 2017

Tri-Central Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9 Hot dog sandwich or Main dish option Baked beans Green beans or Vegetable option Peaches or Fruit option Cookie Milk	10 Chicken drumstick or Main dish option Mashed potatoes w/ gravy Broccoli or Vegetable option Mandarin oranges or Fruit option Roll with butter Milk	11 Beef soft taco w/ Lettuce and cheese Refried beans Hot carrots or Vegetable option Mixed fruit or Fruit option Milk
14 Cheeseburger sandwich or Main dish option Potato wedges California blend or Vegetable option Pears or Fruit option Pickle slices Milk	15 Crispito w/ cheese Refried beans Corn or Vegetable option Pineapple tidbits or Fruit option Milk	16 Chili w/ crackers & Cheese sticks or Main dish option Spinach or Vegetable option Strawberry cup or Fruit option Milk	17 Chicken nuggets or Main dish option Mashed potatoes w/ gravy Peas or Vegetable option Orange wedges or Fruit option Biscuit with butter Milk	18 Sloppy Joe sandwich or Main dish option Baked or sweet potato Cauliflower or Vegetable option Hot cinnamon apples or Fruit option Milk
21 Pizza or Main dish option Romaine salad w/ dressing Mixed vegetables or Vegetable option Applesauce or Fruit option Milk	22 Ravioli w/ meat sauce & Cheese sticks or Main dish option Corn on the cob or Vegetable option Banana or Fruit option Milk	23 Chicken & noodles or Main dish option Mashed potatoes Green beans or Vegetable option Peaches or Fruit option Roll with butter Milk	24 Tami's chicken or Main dish option Brown rice Broccoli or Vegetable option Mandarin oranges or Fruit option Biscuit with butter Milk	25 Hot dog sandwich or Main dish option Baked beans Hot carrots or Vegetable option Mixed fruit or Fruit option Cookie Milk
28 Salisbury steak w/ gravy or Main dish option Mashed potatoes California blend or Vegetable option Pears or Fruit option Roll with butter Milk	29 Chicken soft taco w/ Cheese and lettuce or Main dish option Refried beans Corn or Vegetable option Pineapple tidbits or Fruit option Milk	30 Spaghetti w/ meat sauce or Main dish option Spinach or Vegetable option Strawberry cup or Fruit option Breadstick w/ cheese Milk	31 BBQ rib sandwich or Main dish option Cheesy hash brown casserole Peas or Vegetable option Orange wedges or Fruit option Milk	Sept. 1 Chicken drumstick or Main dish option Mashed potatoes w/ gravy Cauliflower or Vegetable option Biscuit with butter Milk

News

Welcome back!

As we begin this new school year, please remember the cafeteria has a \$10 limit on charged meals. Any student over the limit will be served a cheese sandwich and milk at a cost of \$1.85. Please monitor your student account balance(s) using Skyward to avoid this situation.