









K- 6th Grade Menu Oct. 4 - 29, 2021

Tri-C Elementary & Carterville Intermediate School



Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Choice of Muffin, Juice, fruit	Pancake sausage stick, syrup, juice, fruit	Cinnamon raisin biscuit w/ icing, juice, fruit	Biscuit & gravy, juice, fruit	Choice of donut, juice, fruit
Corn dogs Curly fries Baked beans Frozen fruit slushy Ketchup(4) Mustard(4 th -6 th 1 each)	K-3 rd / Chicken nuggets 4-6 th / Grilled chicken breast w/ BBQ sauce Mashed potatoes Steamed broccoli /cheese sauce Dinner roll Banana / Animal Crackers	Italian dunkers Marinara sauce Romaine salad w/ranch Super sweet corn Apple slices w/ caramel sauce	Taco Nachos (Taco filling w/ tortilla chips, cheese sauce – cheddar or Queso) Salsa Refried beans Fruit	Rib patty on bun Tater tots Baby carrots w/ ranch dip Fruit Rice krispie treat Ketchup (2)
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
No School	No School	Fall Break	Enjoy	See you Monday!
				
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Frosted Pop-tart, juice, fruit	Mini pancake bites, juice, fruit	Cheese omelet, biscuit, juice, fruit	Breakfast pizza, juice, fruit	Choice of donut, juice, fruit
Hot dog on bun Potato wedges Baked beans Frozen fruit slushy Ketchup(4) Mustard(4 th -6 th 1 each)	Chicken strips Baby bakers Green beans Dinner roll Banana Animal crackers Ketchup -2	Bosco sticks (2) w/ marinara sauce Super sweet corn Romaine salad w/ ranch dressing Apple slices w/ caramel sauce	Chicken quesadilla Refried beans Salsa with chips Frozen slushy (v) Raisels Cookie	Breaded chicken patty on bun Potato smiles Baby carrots w/ ranch Fruit Cookie Ketchup (4), Mustard (1), Mayo (4 th -6 th - 1 each)
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Gogurt, cereal bar, juice, fruit	Mini pancakes, syrup, juice, fruit	Mini-cinni, juice, fruit	Sausage biscuit, jelly, juice, fruit	NO SCHOOL
Sloppy joe on bun Criss-cross fries Baked beans Frozen fruit slushy Ketchup (4) Mustard (4 th -6 th 1)	Cheesy meatloaf w/ ketchup Whipped potatoes Green beans Dinner roll Banana Animal crackers	K-3 rd / Square pizza 4-6 th / Personal pan pizza Super sweet corn Romaine salad w/ ranch Orange smiles	Hamburger on bun Slow cooked baked beans Oven bake fries Assorted choice of fruit juice Ketchup (3) Mustard (1: 4 th -6 th)	

All Student meals are Free!
One breakfast and one lunch per day
 Adult meals price: Breakfast - \$2.50 Lunch - \$3.50

Jeannie Ellis, Food Service Director 985-2940
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Carterville Unit #5 is an equal opportunity provider and employer.

- Menu is subject to change due to availability of food. Availability issues may include but not limited to manufacturing issues/ transportation issues
- Cereal and cereal bar offered as an option to the hot breakfast at every breakfast.
- All meals follow USDA requirements.: All breakfast served with 100 % juices and assorted low fat or no fat milk. All lunches served with assorted low fat or no fat milk. All grain products served are whole grain rich.