



# Tri-City United #2905 K-8 Lunch Menu

January  
2022

One Kind Word Can Change Someone's Whole Day



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> Cook's Choice</p> <p>Mixed Vegetables Baby Carrots Fruit Choice 1% Milk</p>	<p><b>4</b> Crispy Chicken Sandwich Ham &amp; Cheese Pinwheel</p> <p>Potato Wedges Celery Sticks Fruit Choice Baby Carrots 1% Milk</p>	<p><b>5</b> <b>HOM: Broccoli</b> Pepperoni Pizza Cheese Pizza</p> <p>Yogurt Pak with Bagel</p> <p>Steamed Broccoli Leafy Green Salad Fruit Choice 1% Milk</p>	<p><b>6</b> Crispy Chicken Nuggets Brown Rice Turkey Ham Deli Sub Sandwich</p> <p>Green Beans Cucumber Slices Fruit Choice 1% Milk</p>	<p><b>7</b> Italian Meatball Sub Corn Dog</p> <p>Baked Beans Baby Carrots Fruit Choice 1% Milk Chocolate Chip Cookie</p>
<p><b>10</b> Hamburger on a Bun Yogurt Pak with Pretzel Bites</p> <p>Golden French Fries Cucumber Slices Pickle Slice Fruit Choice 1% Milk</p>	<p><b>11</b> Beef Hotdog on a Bun Turkey Ranch Wrap</p> <p>Baked Beans Baby Carrots Fruit Choice 1% Milk</p>	<p><b>12</b> Pasta with Meat Sauce Rip Stick Breadstick</p> <p>Ham &amp; Pepperoni Melt</p> <p>Steamed Green Beans Leafy Green Salad Fruit Choice 1% Milk</p>	<p><b>13</b> <b>HOM: Broccoli</b> Cheese Bread Marinara Sauce</p> <p>BBQ Rib Sandwich</p> <p>Garlic &amp; Herb Broccoli Baby Carrots Fruit Choice 1% Milk</p>	<p><b>14</b> Ham &amp; Tater Tot Breakfast Bake Cinnamon Roll Crispy Chicken Sandwich</p> <p>Celery Sticks Baby Carrots Fruit Choice 1% Milk</p>
<p><b>17</b> <b>No School</b></p>	<p><b>18</b> Crispy Chicken Tenders Whole Grain Dinner Roll</p> <p>Yogurt Pak with Bagel</p> <p>Mashed Potatoes Gravy Mixed Vegetables Fruit Choice 1% Milk</p>	<p><b>19</b> <b>HOM: Broccoli</b> Chicken Alfredo w/Pasta Garlic Toast</p> <p>Hamburger on a Bun</p> <p>Garlic &amp; Herb Broccoli Leafy Green Salad Fruit Choice 1% Milk</p>	<p><b>20</b> <b>HOM: Corn</b> Nachos with Fixins</p> <p>Yogurt Pak with Pretzel Bites</p> <p>Steamed Corn Baby Carrots Fruit Choice 1% Milk</p>	<p><b>21</b> Corn Dog Turkey Ham Deli Sub Sandwich</p> <p>Baked Beans Potato Wedges Baby Carrots Fruit Choice 1% Milk</p>
<p><b>24</b> French Toast Sticks Sausage Patty</p> <p>BBQ Rib Sandwich</p> <p>Breakfast Potatoes Cucumber Slices Baby Carrots Fruit Choice 1% Milk</p>	<p><b>25</b> <b>HOM: Broccoli</b> Popcorn Chicken with Sweet &amp; Sour Sauce Brown Rice</p> <p>Yogurt Pak with Bagel</p> <p>Garlic &amp; Herb Broccoli Baby Carrots Fruit Choice 1% Milk</p>	<p><b>26</b> Italian Pasta Bake Rip Stick Breadstick</p> <p>Turkey Ranch Wrap</p> <p>Steamed Green Beans Leafy Green Salad Fruit Choice 1% Milk</p>	<p><b>27</b> <b>HOM: Corn</b> Soft Tacos Lettuce, Cheddar, Salsa</p> <p>Crispy Chicken Sandwich</p> <p>Spicy Pinto Beans Steamed Corn Fruit Choice 1% Milk</p>	<p><b>28</b> <b>HOM: Grapefruit</b> Grilled Cheese Sandwich Homemade Soup</p> <p>Hamburger on a Bun</p> <p>Grapefruit Orange Coleslaw Baby Carrots Fruit Choice 1% Milk</p>
<p><b>31</b> <b>Pizza Parlor</b> Sausage &amp; Pepperoni Pizza Cheese Pizza</p> <p>Yogurt Pak with Bagel</p> <p>Steamed Carrots Leafy Green Salad Fruit Choice 1% Milk</p>				

Milk Choice: 1% White, Skim, 1% Chocolate. Bringing lunch from home? Milk is available to purchase.

**PRICES**

Grades PK-6	\$0.00
Grades 7-12	\$0.00
Extra Entree	\$2.25
Adult	\$4.35
Extra Milk	\$0.50

**EXTRA INFO**

Free Lunch for All TCU Students  
Students must take at least 1/2 cup of fruit and/or vegetables plus two other items.  
For comments or questions, please contact Amy Sauter, Taher Food Service Director  
507-364-8134 or taher@tcu2905.us

**HARVEST OF**



**THE MONTH**

Your MENUS plus more information on our app  
Taher Food4Life®



www.taher.com