

# September 2019

## Jr/Sr High School

Menu subject to change  
An equal opportunity provider and employer

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Labor Day</b> 2	Superintendent Conference Day 3  No School, Just Yet!	Superintendent Conference Day 4  No School, Almost There!	<b>WELCOME!</b> 5 Chicken Patty Whole Grain Bun  Smiley Fries Steamed Broccoli	French Bread 6 Pizza
Chicken Nuggets w/Dip & Roll 9  Sweet Potato Fries Steamed Broccoli	Taco Tuesday! 10 Beef, soft shells, salsa, cheese, sour cream, lettuce  Seasoned Corn Black Bean Salsa	French Toast Bites 11 w/Sausage  Hash Rounds Cherry Star Juice	Hoffman Hot Dog 12 Whole Grain Bun  BBQ Beans Mixed Veggies	Big Daddy's 13 Pizza  Caesar Salad Carrot Coins
Whole Grain 16 Mozzarella Sticks w/Tomato Sauce  Green Beans Cali Blend	Nachos Supreme 17 w/Salsa & Sour cream  Cheesy Bean Dip Black Beans & Corn	Deluxe 18 Cheeseburger Whole Grain Bun  Emoticon Fries Steamed Broccoli	Chicken & Waffles 19 w/Syrup & Butter Cups  Sweet Potato Trax Seasoned Corn	Wild Mike's 20 Pizza  Garden Salad Carrot Sticks w/Dip
Mini-Corn Dogs 23 w/ Honey Mustard  Baked Beans Sweet Potato Fries	<u>Walking Taco</u> 24 Beef, salsa, cheese, sour cream, lettuce  Seasoned Corn Cheesy Bean Dip	Chicken Patty 25 Whole Grain Bun  French Fries Steamed Broccoli	Mac n' Cheese 26 w/Cheese stuffed Pretzel  Green Beans Celery Sticks w/Dip	Personal Pan 27 Pizza  Caesar Salad Carrot Coins
Chicken Fingers 30 w/Dip & Roll  French Fries Seasoned Broccoli	<h3>Did You Know?</h3> <p>September was the seventh month of the original Roman calendar. This is where it got its name which means seventh. Later, when January and February were added to the calendar it became the ninth month.</p>			

### Sandwich Choice

Monday- Turkey & Cheese  
Tuesday- Tuna Fish  
Wednesday- Egg Salad  
Thursday- Italian Sub  
Friday- Cook's Choice

### Salad Du Jour

Monday- Crispy Chicken Caesar  
Tuesday- Buffalo Salad  
Wednesday- Oriental  
Thursday- Tully Cobb  
Friday- Chicken Cordon Bleu

### Available Daily

PB&J, Yogurt Meal, Pizza

All meals served with fruit and vegetable choices of the day and veggie bar.

### Breakfast

PK-12 \$1.45

### Lunch Price

PK-6 \$2.85  
7-12 \$3.00

Click on the plate under quicklinks on the District website, [www.tullyschools.org](http://www.tullyschools.org), to visit the Food Service page for Menus and other useful information.

### School News

A new free/reduced priced meals application must be submitted yearly if you have not received a Direct Certification letter from the District's Food Service Dept. They are available online, in the main office or one can be mailed to you if requested.