

DECEMBER 2021

Elementary/Middle School

equal opportunity employer

LUNCH



All Students eat free regardless of income!!
MENU SUBJECT TO CHANGE (because it will)
-More info available at tullyschools.org on the Food Service page, click the plate setting icon



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily
Yogurt Meal
PB&J

(Milk and Fruit included)

Garlic Parmesan
Roasted Chicken
w/Dinner Roll 1

Green Beans
Baked Beans

French Toast Sticks
w/Sausage 2

Hash Rounds
Cherry Star Juice

Big Daddy's Pizza 3

Caesar Salad
Carrot Coins

Mozzarella Sticks
w/Tomato Sauce 6

Green Beans
Cali Blend

Nachos Supreme
w/Salsa & Sour
cream 7

Cheesy Bean Dip
Black Beans & Corn

Cheeseburger
Whole Grain Bun 8

French Fries
Steamed Broccoli

Chicken & Waffles
w/Syrup & Butter Cups 9

Sweet Potato Trax
Seasoned Corn

Homemade Pizza 10

Garden Salad
Carrot Coins

Mini-Corn Dogs
w/ Honey Mustard 13

Green Beans
Sweet Potato Fries

Walking Taco 14
Beef, salsa, cheese, sour
cream, lettuce

Seasoned Corn
Cheesy Bean Dip

Chicken Nuggets
w/Dip 15

French Fries
Steamed Broccoli

Mac n' Cheese
w/Cheesy Breadstick 16

Peas & Carrots
Celery Sticks w/Dip

Personal Pan
Pizza 17

Caesar Salad
Carrot Coins

Assorted Breaded
Chicken
w/Dip 20

Sweet Potato Fries
Seasoned Broccoli

Brunch for Lunch
w/Sausage 21

Hash Rounds
Sunset Sip Juice

Cook's Choice 22

Check back for
updated menu

Assorted Pizza 23

Garden Salad
Carrot Coins

Holiday recess 24

Holiday recess 27

Holiday recess 28

Holiday recess 29

Holiday recess 30

Holiday recess 31