

# December 2020

## Elementary/Middle School

Equal opportunity employer



All Students eat free regardless of income!!  
**MENU SUBJECT TO CHANGE**  
 -Home delivery available for remote learners.  
 -More info available at [tullyschools.org](http://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.

Reference: USDA MyPlate



### Monday



**Available Daily-**  
 Yogurt Meal  
 PB&J

Fruit & Milk come with every meal

### Tuesday

Nachos Supreme 1  
 Topped with shredded pork  
 cheddar cheese

Cheesy Bean Dip

### Wednesday

French Toast Sticks 2  
 w/Sausage

Hash Rounds

### Thursday

Chicken Gravy 3  
 Over Biscuits

Mix Veggies

### Friday

Big Daddy's Pizza 4  
 Carrot Coins

Pulled Pork Sandwich 7  
 Whole grain Bun

Green Beans

Mozzarella Sticks 8  
 w/Tomato Sauce

Sweet Potato Trax

Chicken Patty 9  
 Whole Grain Bun

French Fries

Stuffed Crust Pizza 10  
 Steamed Broccoli Florets

Tis the season Chicken 11  
 BBQ w/Dinner Roll  
 Mac N' Cheese  
 Baked Beans  
 Confetti Cake Cookie

Meatball Sub 14  
 Whole Grain Bun

Sweet Potato Fries

Mini-Corn Dogs 15  
 w/ Honey Mustard

Seasoned Corn

Cheeseburger 16  
 Whole Grain Bun

French Fries

General Tso Chicken 17  
 over rice

Seasoned Broccoli

Assorted Pizza 18  
 Carrot Coins

Cook's Choice 21  
 Hot veggie

Cook's Choice 22  
 Hot veggie

Cook's Choice 23  
 Hot veggie  
 Chocolate Stuffed Cookie

Holiday Recess 24

Holiday Recess 25

Holiday Recess 28

Holiday Recess

Holiday Recess

New Year's Eve 31  
 10,9,8,7,6,5,4,3,2,1.....

