

# JANUARY 2022

## Elementary/ Middle School

equal opportunity employer

### LUNCH



All Students eat free regardless of income!!  
**MENU SUBJECT TO CHANGE (because it will)**  
(They are kept up to date on the Food Service page)  
-More info available at [tullyschools.org](http://tullyschools.org) on the Food Service page, click the plate setting icon



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

### MONDAY

Chicken Fingers  
w/Dip

3

Sweet Potato Fries  
Seasoned Broccoli

### TUESDAY

Taco Tuesday!  
Beef, soft shells,  
salsa, cheese, sour cream,  
lettuce  
Seasoned Corn  
Black Bean Salsa

4

### WEDNESDAY

Mini-Pancakes  
w/Sausage

5

Hash Rounds  
Sunset Sip Juice

### THURSDAY

Toasted Cheese on  
Whole Grain Bread

6

Tomato Soup  
Green Beans

### FRIDAY

Big Daddy Pizza

7

Garden Salad  
Carrot Coins

Cheeseburger  
Whole Grain Bun

10

Sweet Potato Trax  
Green Beans

Nachos Supreme  
w/Salsa & Sour cream

11

Cheesy Bean Dip  
Seasoned Corn

Pizza Crunchers  
w/Tomato Sauce

12

Caesar Salad  
Veggies w/Dip

Turkey Gravy  
w/Bread & Butter

13

Mashed Potatoes  
Green Imposter Beans

Homemade Pizza

14

Broccoli  
Seasoned Carrots

**Martin L. King Jr Day**  
No School

17

Chicken Patty  
Whole Grain Bun

18

Mixed-up Veggies  
French Fries

Pasta & Meatballs  
w/Breadstick

19

Caesar Salad  
Green Beans

Garlic Parm  
Roasted Chicken  
w/Dinner Roll

20

Sweet Potato Fries  
Cheesy Broccoli

Stuffed Crust Pizza

21

California Blend  
Carrot Coins

Chicken Nuggets  
w/Dip

24

Sweet Potato Fries  
Steamed Broccoli

Taco Tuesday!  
Beef, soft shells, salsa,  
cheese, sour cream, lettuce

25

Seasoned Corn  
Black Bean Salsa

French Toast Sticks  
w/Sausage

26

Hash Rounds  
Cherry Star Juice

Rib-a-Cue Sandwich  
Whole Grain Bun

27

Green Beans  
Baked Beans

Big Daddy's Pizza

28

Caesar Salad  
Carrot Coins

Mozzarella Sticks  
w/Tomato Sauce

31

Green Beans  
Cali Blend

Daily  
Yogurt Meal  
PB&J

Fruit & milk are available  
with every meal.



No breakfast on a 2-hour delay

