

JANUARY 2022

Jr/Sr High 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 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 & Roll

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
Sweet Potato Fries
Cheesy Broccoli

20

Stuffed Crust Pizza

21

California Blend
Carrot Coins

Chicken Nuggets
w/Dip & Roll

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
Pizza
Entrée Salad
Sandwiches

Fruit & milk are available
with every meal.



No breakfast on a 2-hour delay

