

# FEBRUARY 2023

## Jr/Sr High School

equal opportunity employer

### LUNCH



#### -Meals are NOT free for all students

-An approved meal application must be on file for free meals. They can be found at [tullyschools.org](http://tullyschools.org) on the Food Service page, click the plate setting icon.

-MENU SUBJECT TO CHANGE



**February is American Heart Month.** Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

### MONDAY

Daily (First come, first serve)

Salad entrée  
Sandwich  
Pizza

### TUESDAY

Chicken Fingers  
w/Dip & Roll

6

Sweet Potato Fries  
Seasoned Broccoli

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

7

Seasoned Corn  
Black Bean Salsa

### WEDNESDAY

Chicken Patty  
Whole Grain Bun

1

French Fries  
Steamed Broccoli

Pasta & Meatsauce  
w/Breadstick & Parmesan

8

Caesar Salad  
Green Beans

### THURSDAY

Mac N' Cheese  
Cheesy Breadstick

2

Peas & Carrots  
Celery Sticks w/Ranch

Toasted Cheese on  
Whole Grain Bread

9

Tomato Soup  
Celery Sticks w/Ranch

### FRIDAY

Personal Pan  
Pizza

3

Caesar Salad  
Carrot Coins

Big Daddy Pizza

10

Garden Salad  
Carrot Coins

Cheeseburger  
Whole Grain Bun

13

Sweet Potato Trax  
Green Beans

**Valentine's Day**  
Heart Shaped Chicken  
Nuggets w/Dinner Roll  
Smiley Fries  
California Blend

14

Pizza Crunchers  
w/Tomato Sauce

15

Caesar Salad  
Veggies w/Dip

Nachos Supreme  
w/Salsa & Sour cream

16

Cheesy Bean Dip  
Seasoned Corn

Assorted Pizza

17

Broccoli  
Seasoned Carrots

Winter recess

20

Winter recess

21

/ Winter recess

22

Winter recess

23

Winter recess

24

Chicken Patty  
Whole Grain Bun

27

Mixed-up Veggies  
Sweet Potato Fries

Cheese Quesadilla  
Salsa & Sour Cream

28

Seasoned Corn  
Black Bean Salsa

