

MARCH 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 on the Food Service page, click the plate setting icon.

-MENU SUBJECT TO CHANGE



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

International food week
3/6-3/10

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Sausage, Egg & Cheese
Breakfast Croissant 1

Pasta Bake(goulash)
w/Breadstick 2

Stuffed Crust Pizza 3

Tater Tots
Veggie Juice

Caesar Salad
Green Beans

Garden Salad
Carrot Coins

China
Sweet & Sour Chicken 6
w/Fried Rice
Egg Roll
Steamed Broccoli

Mexico
Street Tacos 7
Pork carnitas or beef
Corn tortillas, Pico, onion, and a
few more toppings

Poland
Cheese Pierogis 8
w/Sausage
Boiled Potatoes
Carrots & Peas

Guatemala
Pepian de Pollo 9
Served over Rice
Black Bean Soup

Italian
Pasta Bar 10
Caesar Salad
Caprese Sala

**Superintendent
Conference day** 13

No School

Nachos Supreme 14
w/Salsa & Sour
cream
Cheesy Bean Dip
Black Beans & Corn

Mozzarella Sticks 15
w/Tomato Sauce

Green Beans
Cali Blend

Deluxe Cheeseburger 16
Whole Grain Bun

French Fries
Steamed Broccoli

Homemade Pizza 17

Garden Salad
Carrot Coins

Mini-Corn Dogs 20
w/ Honey Mustard

Green Beans
Sweet Potato Fries

Walking Taco 21
Beef, salsa, cheese,
sour cream, lettuce
Seasoned Corn
Cheesy Bean Dip

Chicken Patty 22
Whole Grain Bun

French Fries
Steamed Broccoli

Mac N' Cheese 23
Cheesy Breadstick

Peas & Carrots
Celery Sticks w/Ranch

Personal Pan 24
Pizza

Caesar Salad
Carrot Coins

Chicken Fingers 27
w/Dip & Roll(HS)

Sweet Potato Fries
Seasoned Broccoli

Cheese Quesadilla 28
Salsa & Sour Cream

Seasoned Corn
Black Bean Salsa

Mini-Pancakes 29
w/Sausage

Hash Rounds
Sunset Sip Juice

Cook's Choice 30

Check back for an updated menu

Assorted Pizza 31

Broccoli
Seasoned Carrots