

# SEPTEMBER 2022

## Elementary/Middle 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



**September is Whole Grains Month!** 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.



### MONDAY

Welcome!!

#### Daily

PB&J

Yogurt Meal

### TUESDAY



### WEDNESDAY

### THURSDAY

### FRIDAY

#### Labor Day

5

Chicken Nuggets  
w/Dip

6

Sweet Potato Fries  
Steamed Broccoli

Twisted Cheesy  
Breadsticks  
w/Tomato Sauce

7

Green Beans  
Tossed Salad

No School

1

No School

2

French Toast Sticks  
w/Sausage

8

Hash Rounds  
Cherry Star Juice

Big Daddy's Pizza

9

Caesar Salad  
Carrot Coins

Mozzarella Sticks  
w/Tomato Sauce

12

Nachos Supreme  
w/Salsa & Sour  
cream

13

Cheesy Bean Dip  
Black Beans & Corn

Deluxe Cheeseburger  
Whole Grain Bun

14

French Fries  
Steamed Broccoli

Chicken & Waffles  
w/Syrup & Butter  
Cups  
Sweet Potato Trax  
Seasoned Corn

15

Homemade Pizza

16

Garden Salad  
Carrot Coins

Mini-Corn Dogs  
w/ Honey Mustard

19

#### Walking Taco

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

20

Chicken Patty  
Whole Grain Bun

21

French Fries  
Steamed Broccoli

Mac n' Cheese  
w/Cheesy Breadstick

22

Peas & Carrots  
Celery Sticks w/Dip

Personal Pan  
Pizza

23

Caesar Salad  
Carrot Coins

Chicken Fingers  
w/Dip

26

Cheese Quesadilla  
Salsa & Sour Cream

27

Seasoned Corn  
Black Bean Salsa

Mini-Pancakes  
w/Sausage

28

Hash Rounds  
Sunset Sip Juice

Deli-Day  
Ham or Turkey

29

Cuke Salad  
Celery Sticks w/Dip

Big Daddy Pizza

30

Garden Salad  
Carrot Coins