

SEPTEMBER 2022

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



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

Pizza
Salad Box
Sandwiches

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Labor Day

5

Chicken Nuggets
w/Dip & Roll

6

Sweet Potato Fries
Steamed Broccoli

Twisted Cheesy
Breadsticks
w/Tomato Sauce

7

Green Beans
Tossed Salad

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

Green Beans
Cali Blend

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

13

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

Green Beans
Sweet Potato Fries

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 & Roll

26

Sweet Potato Fries
Seasoned Broccoli

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