



Choice of milk served with each meal.

This institution is an equal opportunity provider.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING					¹ Crispy Fish Square, Pinto Beans, Mac & Cheese, Mixed Greens, Cornbread
BETSY PIZZA PLACE (all pizzas made from scratch)					Piping Hot Cheese Spicy Pepperoni Cheeseburger Fresh Tossed Salad, Corn
CYCLONE GRILL					Hot Dog with Chili Crispy Chicken Sandwich Seasoned French Fries Creamy Coleslaw
SALADELI (SALADS OR SANDWICHES)					Assorted Fresh- Made Subs, Wraps and Croissants with Chips and Baby Carrots Choice of Toppings
FRUIT CHOICES					Banana Mixed Fruit



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING	4 Brown Sugar Baked Ham, Roll Scalloped Potatoes Peas	5 Oven Baked BBQ Chicken Breast, Roll Creamed Potatoes Mixed Veggies	6 Beef-a-Roni, Roll Green Beans Marinated Veggies	7 Open Face Turkey Sandwich w/Gravy Creamed Potatoes Coleslaw	8 Spicy Taco Salad w/ Cheese, Lettuce, Tomato, Sour Cream Kidney Beans
BETSY PIZZA PLACE (all pizzas made from scratch)	Piping Hot Cheese Spicy Pepperoni Fiery Buffalo Chicken Fresh Tossed Salad, Corn	Piping Hot Cheese Spicy Pepperoni Hawaiian (Ham & Pineapple) Fresh Tossed Salad, Corn	Piping Hot Cheese Spicy Pepperoni Loaded Three Meat Fresh Tossed Salad, Corn	Piping Hot Cheese Spicy Pepperoni Smoky BBQ Chicken Fresh Tossed Salad, Corn	Piping Hot Cheese Spicy Pepperoni Cheeseburger Fresh Tossed Salad, Corn
CYCLONE GRILL	Turkey Bacon Melt Crispy Chicken Nuggets Seasoned French Fries Baked Beans	Corndog Spicy Chicken Sandwich Seasoned French Fries Creamy Coleslaw	Popcorn Chicken Nachos w/Cheese Sauce/ Refried Beans/Salsa Seasoned French Fries, Salad	Classic Cheeseburger Chicken Fryz Seasoned French Fries Baked Beans	Hot Ham & Cheese Crispy Chicken Sandwich Seasoned French Fries Creamy Coleslaw
BUILD YOUR OWN (SALADS OR SANDWICHES)	Assorted Fresh-Made Subs, Wraps and Croissants with Chips and Baby Carrots Choice of Toppings	Spring Mix or Chopped Romaine, Choice of Meat and Cheese, Assorted Salad Fixins Choice of Dressing	Assorted Fresh-Made Subs, Wraps and Croissants with Chips and Baby Carrots Choice of Toppings	Spring Mix or Chopped Romaine, Choice of Meat and Cheese, Assorted Salad Fixins Choice of Dressing	Assorted Fresh-Made Subs, Wraps and Croissants with Chips and Baby Carrots Choice of Toppings
FRUIT CHOICES	Fresh Apple Sliced Peaches	Melon or Fresh Pear Pineapple Tidbits	Orange Wedges Diced Pears	Grapes or Fresh Pear, Applesauce	Banana Mixed Fruit



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING	11 Chicken Alfredo Green Beans Coleslaw	12 Breakfast for Lunch Scrambled Eggs Sausage or Bacon Craw Riscuit Tator	13 Chicken Fried Rice & Egg Roll Florentine Veggies	14 Sloppy Joe on Bun Baked Beans Creamed Potatoes	15 Chicken Fajita Refried Beans Mexican Rice
BETSY PIZZA PLACE (all pizzas made from scratch)	Piping Hot Cheese Spicy Pepperoni Fiery Buffalo Chicken Fresh Tossed Salad, Corn	Piping Hot Cheese Spicy Pepperoni Hawaiian (Ham & Pineapple) Fresh Tossed Salad, Corn	Piping Hot Cheese Spicy Pepperoni Loaded Three Meat Fresh Tossed Salad, Corn	Piping Hot Cheese Spicy Pepperoni Smoky BBQ Chicken Fresh Tossed Salad, Corn	Piping Hot Cheese Spicy Pepperoni Cheeseburger Fresh Tossed Salad, Corn
CYCLONE GRILL	Homestyle Burger Crispy Chicken Nuggets Seasoned French Fries Baked Beans	Corndog Spicy Chicken Sandwich Oven Browned Potatoes Creamy Coleslaw	Popcorn Chicken Beef & Bean Burrito w/ Cheese Sauce/ Refried Beans/Salsa Tator Tots , Salad	Classic Cheeseburger Chicken Fryz Seasoned French Fries Baked Beans	Hot Dog with Chili Crispy Chicken Sandwich Tator Tots Creamy Coleslaw
SALADELI (SALADS OR SANDWICHES)	Assorted Fresh-Made Subs, Wraps and Croissants with Chips and Baby Carrots Choice of Toppings	Spring Mix or Chopped Romaine, Choice of Meat and Cheese, Assorted Salad Fixins Choice of Dressing	Assorted Fresh-Made Subs, Wraps and Croissants with Chips and Baby Carrots Choice of Toppings	Spring Mix or Chopped Romaine, Choice of Meat and Cheese, Assorted Salad Fixins Choice of Dressing	Assorted Fresh-Made Subs, Wraps and Croissants with Chips and Baby Carrots Choice of Toppings
FRUIT CHOICES	Fresh Apple Sliced Peaches	Melon or Fresh Pear Pineapple Tidbits	Orange Wedges Diced Pears	Grapes or Fresh Pear, Applesauce	Banana Mixed Fruit



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING	18 Chicken Casserole Creamed Potatoes, Peas, Rolls	19 Spaghetti w/ Meat Sauce Green Beans, Marinated Veg, Rolls	20 BBQ Pork, Baked Beans & Slaw	21 Steak & Gravy, Creamed Potatoes Broccoli Salad, Roll	22 PROFESSIONAL DEVELOPMENT DAY NO SCHOOL
BETSY PIZZA PLACE (all pizzas made from scratch)	Piping Hot Cheese Spicy Pepperoni Fiery Buffalo Chicken Fresh Tossed Salad, Corn	Piping Hot Cheese Spicy Pepperoni Hawaiian (Ham & Pineapple) Fresh Tossed Salad, Corn	Piping Hot Cheese Spicy Pepperoni Loaded Three Meat Fresh Tossed Salad, Corn	Piping Hot Cheese Spicy Pepperoni Smoky BBQ Chicken Fresh Tossed Salad, Corn	
CYCLONE GRILL	Turkey Bacon Melt Crispy Chicken Nuggets Seasoned French Fries Baked Beans	Corndog Spicy Chicken Sandwich Tator Tots Creamy Coleslaw	Popcorn Chicken Beef & Bean Burrito w/Cheese Sauce/Refried Beans/Salsa Oven Browned Potatoes, Salad	Classic Cheeseburger Chicken Fryz Seasoned French Fries Baked Beans	
BUILD YOUR OWN (SALADS OR SANDWICHES)	Assorted Fresh-Made Subs, Wraps and Croissants with Chips and Baby Carrots Choice of Toppings	Spring Mix or Chopped Romaine, Choice of Meat and Cheese, Assorted Salad Fixins Choice of Dressing	Assorted Fresh-Made Subs, Wraps and Croissants with Chips and Baby Carrots Choice of Toppings	Spring Mix or Chopped Romaine, Choice of Meat and Cheese, Assorted Salad Fixins Choice of Dressing	
FRUIT CHOICES	Fresh Apple Sliced Peaches	Melon or Fresh Pear Pineapple Tidbits	Orange Wedges Diced Pears	Grapes or Fresh Pear, Applesauce	



**ELIZABETHTON
CITY SCHOOLS**

Experience Excellence

March 2019

ELIZABETHTON HIGH LUNCH MENU

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING	25 SPRING BREAK NO SCHOOL	26 SPRING BREAK NO SCHOOL	27 SPRING BREAK NO SCHOOL	28 SPRING BREAK NO SCHOOL	29 SPRING BREAK NO SCHOOL
BETSY PIZZA PLACE (all pizzas made from scratch)					
CYCLONE GRILL					
BUILD YOUR OWN (SALADS OR SANDWICHES)					
FRUIT CHOICES					