



Choice of milk served with each meal.

This institution is an equal opportunity provider.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING	1 Baked Ziti, Roll, Green Beans, Marinated Veggies	2 Chicken Pot Pie, Creamed Potatoes, Broccoli	3 Meatloaf, Oven Browned Potatoes, Peas, Roll	4 Teriyaki Chicken on Rice, Florentine Veggies	5 Crispy Fish Square, Pinto Beans, Mac & Cheese, Mixed Greens, Cornbread
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	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 Seasoned French Fries Creamy Coleslaw
SALADELI (SALADS OR SANDWICHES)	Assorted Fresh-Made Subs, Wraps and Croissants with Chips and Baby Carrots	Spring Mix or Chopped Romaine, Choice of Meat and Cheese, Assorted Salad Fixins	Assorted Fresh-Made Subs, Wraps and Croissants with Chips and Baby Carrots	Spring Mix or Chopped Romaine, Choice of Meat and Cheese, Assorted Salad Fixins	Assorted Fresh-Made Subs, Wraps and Croissants with Chips and Baby Carrots Choice of Toppings
FRUIT CHOICES	APPLE WEDGES SLICED PEACHES	Melon or Fresh Pear Pineapple Tidbits	Orange Wedges Diced Pears	Grapes or Fresh Pear, Applesauce	Banana MANDARIN ORANGES



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING	8 PD DAY NO SCHOOL	9 Oven Baked BBQ Chicken Breast, Roll Creamed Potatoes Mixed Veggies	10 Beef-a-Roni, Roll Green Beans Marinated Veggies	11 Open Face Turkey Sandwich w/Gravy Creamed Potatoes Coleslaw	12 Spicy Taco Salad w/ Cheese, Lettuce, Tomato, Sour Cream Kidney Beans
BETSY PIZZA PLACE (all pizzas made from scratch)		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		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)		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		Melon or Fresh Pear Pineapple Tidbits	Orange Wedges Diced Pears	Grapes or Fresh Pear, Applesauce	Banana Mixed Fruit



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CITY SCHOOLS**

Experience Excellence

APRIL 2019

ELIZABETHTON HIGH LUNCH MENU

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING	15 Chicken Alfredo Green Beans Coleslaw	16 Breakfast For Lunch Scrambled Eggs Sausage or Bacon Gravy, Biscuit, Tator Tots	17 Chicken Fried Rice & Egg Roll Florentine Veggies	18 Sloppy Joe on Bun Baked Beans Creamed Potatoes	19 GOOD FRIDAY
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	NO SCHOOL
CYCLONE GRILL	Homestyle Burger Crispy Chicken Nuggets Seasoned French Fries Baked Beans	Corndog Spicy Chicken Sandwich Oven Brownd 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	
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	
FRUIT CHOICES	Fresh Apple Sliced Peaches	Melon or Fresh Pear Pineapple Tidbits	Orange Wedges Diced Pears	Grapes or Fresh Pear, Applesauce	



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING	22 Chicken Casserole Creamed Potatoes, Peas, Rolls	23 Spaghetti w/Meat Sauce Green Beans Marinated Veg, Rolls	24 BBQ Pork, Baked Beans & Slaw	25 Steak & Gravy, Creamed Potatoes Broccoli Salad, Roll	26 Chicken Noodle Soup & Grilled Cheese Sandwich Fresh veggies
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 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	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
FRUIT CHOICES	Fresh Apple Sliced Peaches	Melon or Fresh Pear Pineapple Tidbits	Orange Wedges Diced Pears	Grapes or Fresh Pear, Applesauce	Banana Mandarin Oranges



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING	29 Baked Ziti, Roll, Green Beans,Marinated Veggies	30 Chicken Pot Pie, Creamed Potatoes,Broccoli			
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			
CYCLONE GRILL	Homestyle Burger Crispy Chicken Nuggets Seasoned French Fries Baked Beans	Corndog Spicy Chicken Sandwich Oven Brownd Potatoes Creamy Coleslaw			
BUILD YOUR OWN (SALADS OR SANDWICHES)	Assorted Fresh-Made Subs, Wraps and Croissants with Chips and Baby Carrots	Spring Mix or Chopped Romaine, Choice of Meat and Cheese, Assorted Salad Fixins			
FRUIT CHOICES	Fresh Apple Sliced Peaches	Melon or Fresh Pear Pineapple Tidbits			