



**ELIZABETHTON
CITY SCHOOLS**

Experience Excellence

MAY 2019

ELIZABETHTON HIGH LUNCH MENU

Choice of milk served with each meal.

This institution is an equal opportunity provider.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING			1 Meatloaf, Oven Browned Potatoes, Peas, Roll	2 Teriyaki Chicken on Rice, Florentine Veggies	3 Crispy Fish Square, Pinto Beans, Mac & Cheese, Mixed Greens, Cornbread
BETSY PIZZA PLACE (all pizzas made from scratch)			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			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 Choice of Toppings
FRUIT CHOICES			Orange Wedges Diced Pears	Grapes or Fresh Pear, Applesauce	Banana MANDARIN ORANGES



Choice of milk served with each meal.

This institution is an equal opportunity provider.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING	6 Baked Ham Scalloped Potatoes Peas, Rolls	7 Oven Baked BBQ Chicken Breast, Roll Creamed Potatoes Mixed Veggies	8 Beef-a-Roni, Roll Green Beans Marinated Veggies	9 Chicken Casserole Creamed Potatoes Peas, Rolls	10 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 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	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



**ELIZABETHTON
CITY SCHOOLS**

Experience Excellence

MAY 2019

ELIZABETHTON HIGH LUNCH MENU

Choice of milk served with each meal.

This institution is an equal opportunity provider.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING	13 PD DAY	14 Breakfast For Lunch Scrambled Eggs Sausage or Bacon Gravy, Biscuit, Tator Tots	15 Chicken Fried Rice & Egg Roll Florentine Veggies	16 Sloppy Joe on Bun Baked Beans Creamed Potatoes	17 Chicken Fajita Refried Beans Mexican Rice
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 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)		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		Melon or Fresh Pear Pineapple Tidbits	Orange Wedges Diced Pears	Grapes or Fresh Pear, Applesauce	Banana Mandarin Oranges



Choice of milk served with each meal.

This institution is an equal opportunity provider.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING	20 Chicken Casserole Creamed Potatoes, Peas, Rolls	21 Spaghetti w/Meat Sauce Green Beans Marinated Veg, Rolls	22 Chicken Parmesan on Noodles Florentine Veggies	23 Steak & Gravy, Creamed Potatoes Broccoli Salad, Roll	24 Manager's Choice
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	Manager's Choice
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	Manager's Choice
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



**ELIZABETHTON
CITY SCHOOLS**

Experience Excellence

MAY 2019

ELIZABETHTON HIGH LUNCH MENU

Choice of milk served with each meal.

This institution is an equal opportunity provider.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUFFY'S HOME COOKING	27 Memorial Day Teacher Workday	28 Manager's Choice	29 LAST STUDENT DAY HALF DAY NO LUNCH BREAKFAST WILL BE SERVED	30	31
BETSY PIZZA PLACE (all pizzas made from scratch)		Manager's Choice			
CYCLONE GRILL		Manager's Choice			
BUILD YOUR OWN (SALADS OR SANDWICHES)		Spring Mix or Chopped Romaine, Choice of Meat and Cheese, Assorted Salad Fixins			
FRUIT CHOICES		Melon or Fresh Pear Pineapple Tidbits			