



**ELIZABETHTON
CITY SCHOOLS**

Experience Excellence

FEBRUARY 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 Hot Soup or Chili Grilled Cheese
BETSY PIZZA PLACE (all pizzas made from scratch)					Original Cheeseburger Spicy Pepperoni Piping Hot Cheese
CYCLONE GRILL					Corn Hot Dog w/Chili Crispy Chicken Sandwich Tator Tots Coleslaw
SALADELI (SALADS OR SANDWICHES)					Spring Mix or Chopped Romaine, Choice of Meat & Cheese, Assorted Salad Fixins Choice of Dressing
FRUIT CHOICES					Peaches Mandarin Oranges



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TUFFY'S HOME COOKING	4 Baked Italian Ziti with Roll Green Beans Marinated Veggies	5 Warm Chicken Pot Pie Creamed Potatoes Broccoli	6 Homestyle Meatloaf with Roll Oven Brown Potatoes, Peas	7 Chicken Fried Rice with Eggroll Florentine Veggies	8 Crispy Fish Square Cornbread Macaroni & Cheese Pinto Beans, Slaw
BETSY PIZZA PLACE (all pizzas made from scratch)	Fiery Buffalo Chicken Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	Sweet Hawaiian Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	Loaded Three-Meat Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	Spicy BBQ Chicken Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	Original Cheeseburger Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad
CYCLONE GRILL	Classic Hamburger Crispy Chicken Nuggets Seasoned Fries Baked Beans	Corndog Spicy Chicken Sandwich Oven Brownd Potatoes Coleslaw	Popcorn Chicken Beef & Bean Burrito with Cheese Sauce Tator Tots, Salad	Classic Cheeseburger Chicken Fryz Seasoned Fries Baked Beans	Hot Ham & Cheese Sandwich Crispy Chicken Sandwich Tator Tots Creamy Coleslaw
BUILD YOUR OWN (SALADS OR SANDWICHES)	Assorted Fresh-Made Subs, Wraps & Croissants with Chips & Baby Carrots Choice of Toppings	Spring Mix or Chopped Romaine, Choice of Meat & Cheese, Assorted Salad Fixins Choice of Dressing	Assorted Fresh-Made Subs, Wraps & Croissants with Chips & Baby Carrots Choice of Toppings	Spring Mix or Chopped Romaine, Choice of Meat & Cheese, Assorted Salad Fixins Choice of Dressing	Assorted Fresh-Made Subs, Wraps & Croissants with Chips & Baby Carrots Choice of Toppings
FRUIT CHOICES	Apple Wedges Sliced Peaches	Melon or Fresh Pear Pineapple Chunks	Orange Wedges Sliced Pears	Grapes or Fresh Pear, Applesauce	Banana Mandarin Oranges



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TUFFY'S HOME COOKING	11 Spicy Taco Salad w/ Cheese, Lettuce, Tomato, Sour Cream Kidney Beans	12 Oven Baked BBQ Chicken Breast, Roll Creamed Potatoes Mixed Vegetables	13 Cheesy Beef-a-Roni Roll Green Beans Marinated Veggies	14 Open Face Turkey Sandwich w/Gravy Creamed Potatoes Coleslaw	15 Smoky BBQ Pork Sandwich Scalloped Potatoes Coleslaw
BETSY PIZZA PLACE (all pizzas made from scratch)	Fiery Buffalo Chicken Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	Southwest Taco Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	Loaded Three-Meat Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	Super Supreme Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	Original Cheeseburger Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad
CYCLONE GRILL	Turkey Bacon Melt Crispy Chicken Nuggets Seasoned Fries Baked Beans	Corndog Spicy Chicken Sandwich Oven Browned Potatoes Coleslaw	Popcorn Chicken Nachos w/Cheese Sauce, Salad Refried Beans Tator Tots, Salad	Classic Cheeseburger Chicken Fryz Seasoned Fries Baked Beans	Hot Dog w/Chili Crispy Chicken Sandwich Tator Tots Creamy Coleslaw
SALADELI (SALADS OR SANDWICHES)	Assorted Fresh-Made Subs, Wraps & Croissants with Chips & Baby Carrots Choice of Toppings	Spring Mix or Chopped Romaine, Choice of Meat & Cheese, Assorted Salad Fixins Choice of Dressing	Assorted Fresh-Made Subs, Wraps & Croissants with Chips & Baby Carrots Choice of Toppings	Spring Mix or Chopped Romaine, Choice of Meat & Cheese, Assorted Salad Fixins Choice of Dressing	Assorted Fresh-Made Subs, Wraps & Croissants with Chips & Baby Carrots Choice of Toppings
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TUFFY'S HOME COOKING	18 PARENT TEACHER CONFERENCE NO SCHOOL	19 PROFESSIONAL DEVELOPMENT DAY NO SCHOOL	20 Spicy Chicken Fajita Refried Beans Mexican Rice	21 Warm Meatball Sub Oven Browned Potatoes	22 Breakfast for Lunch Scrambled Eggs Sausage or Bacon Gravy, Biscuit Tator Tots
BETSY PIZZA PLACE (all pizzas made from scratch)			Loaded Three-Meat Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	Smoky BBQ Chicken Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	Original Cheeseburger Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad
CYCLONE GRILL			Popcorn Chicken Beef & Bean Burrito with Cheese Sauce Tator Tots, Salad	Classic Cheeseburger Chicken Fryz French Fries Baked Beans	Hot Ham & Cheese Sandwich Crispy Chicken Sandwich Tator Tots Coleslaw
BUILD YOUR OWN (SALADS OR SANDWICHES)			Assorted Fresh-Made Subs, Wraps & Croissants with Chips & Baby Carrots Choice of Toppings	Spring Mix or Chopped Romaine, Choice of Meat & Cheese, Assorted Salad Fixins Choice of Dressing	Assorted Fresh-Made Subs, Wraps & Croissants with Chips & Baby Carrots Choice of Toppings
FRUIT CHOICES			Orange Wedges Sliced Pears	Grapes or Fresh Pear, Applesauce	Banana Mandarin Oranges



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TUFFY'S HOME COOKING	25 Warm Chicken Casserole, Roll Creamed Potatoes Peas	26 Spaghetti with Meat Sauce, Roll Green Beans Marinated Veggies	27 Chicken Parmesan on Pasta Florentine Veggies	28 Steak with Savory Gravy, Roll Creamed Potatoes Peas	
BETSY PIZZA PLACE (all pizzas made from scratch)	Fiery Buffalo Chicken Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	Southwest Taco Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	Loaded Three-Meat Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	Super Supreme Spicy Pepperoni Piping Hot Cheese Corn Tossed Salad	
CYCLONE GRILL	Turkey Bacon Melt Crispy Chicken Nuggets Seasoned Fries Baked Beans	Corndog Spicy Chicken Sandwich Oven Browned Potatoes Coleslaw	Popcorn Chicken Nachos w/Cheese Sauce, Salad Refried Beans Tator Tots, Salad	Classic Cheeseburger Chicken Fryz French Fries Baked Beans	
SALADELI (SALADS OR SANDWICHES)	Assorted Fresh-Made Subs, Wraps & Croissants with Chips & Baby Carrots Choice of Toppings	Spring Mix or Chopped Romaine, Choice of Meat & Cheese, Assorted Salad Fixins Choice of Dressing	Assorted Fresh-Made Subs, Wraps & Croissants with Chips & Baby Carrots Choice of Toppings	Spring Mix or Chopped Romaine, Choice of Meat & Cheese, Assorted Salad Fixins Choice of Dressing	
FRUIT CHOICES	Apple Wedges Sliced Peaches	Melon or Fresh Pear Pineapple Chunks	Orange Wedges Sliced Pears	Grapes or Fresh Pear, Applesauce	