



**ELIZABETHTON  
CITY SCHOOLS**

**Experience Excellence**

**JANUARY 2019**

**ELIZABETHTON HIGH LUNCH MENU**

Choice of milk served with each meal.

This institution is an equal opportunity provider.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TUFFY'S HOME COOKING</b>		1 <b>HAPPY NEW YEAR!</b>  <b>NO SCHOOL</b>	2 <b>PROFESSIONAL DEVELOPMENT DAY</b> <b>NO SCHOOL</b>	3 <b>Steak with Savory Gravy, Roll</b> <b>Creamed Potatoes</b> <b>Peas</b>	4 <b>Hot Soup or Chili</b> <b>Grilled Cheese</b>  <b>Fresh Veggies</b>
<b>BETSY PIZZA PLACE</b> (all pizzas made from scratch)				<b>Super Supreme</b> <b>Spicy Pepperoni</b> <b>Piping Hot Cheese</b>  <b>Corn</b>	<b>Original Cheeseburger</b> <b>Spicy Pepperoni</b> <b>Piping Hot Cheese</b>  <b>Corn</b>
<b>CYCLONE GRILL</b>				<b>Classic Cheeseburger</b>  <b>Chicken Fryz</b>  <b>French Fries</b>  <b>Baked Beans</b>	<b>Hot Dog w/Chili</b>  <b>Crispy Chicken Sandwich</b>  <b>Tator Tots</b>  <b>Coleslaw</b>
<b>SALADELI (SALADS OR SANDWICHES)</b>				<b>Assorted Fresh-Made Subs, Wraps &amp; Croissants with</b> <b>Chips &amp; Baby Carrots</b> <b>Choice of Toppings</b>	<b>Spring Mix or Chopped Romaine,</b> <b>Choice of Meat &amp; Cheese, Assorted Salad Fixins</b> <b>Choice of Dressing</b>
<b>FRUIT CHOICES</b>				<b>Sliced Pears</b> <b>Applesauce</b>	<b>Peaches</b> <b>Mandarin Oranges</b>



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<b>TUFFY'S HOME COOKING</b>	7 Baked Italian Ziti with Roll Green Beans Marinated Veggies	8 Warm Chicken Pot Pie Creamed Potatoes Broccoli	9 Homestyle Meatloaf with Roll Oven Brown Potatoes, Peas	10 Chicken Fried Rice with Eggroll Florentine Veggies	11 Crispy Fish Square Cornbread Macaroni & Cheese Pinto Beans, Slaw
<b>BETSY PIZZA PLACE</b> (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
<b>CYCLONE GRILL</b>	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
<b>BUILD YOUR OWN (SALADS OR SANDWICHES)</b>	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
<b>FRUIT CHOICES</b>	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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<b>TUFFY'S HOME COOKING</b>	14 Spicy Taco Salad w/ Cheese, Lettuce, Tomato, Sour Cream Kidney Beans	15 Oven Baked BBQ Chicken Breast, Roll Creamed Potatoes Mixed Vegetables	16 Cheesy Beef-a-Roni Roll Green Beans Marinated Veggies	17 Open Face Turkey Sandwich w/Gravy Creamed Potatoes Coleslaw	18 Smoky BBQ Pork Sandwich Scalloped Potatoes Coleslaw
<b>BETSY PIZZA PLACE</b> (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
<b>CYCLONE GRILL</b>	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
<b>SALADELI (SALADS OR SANDWICHES)</b>	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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<b>TUFFY'S HOME COOKING</b>	21 MARTIN LUTHER KING DAY NO SCHOOL	22 Sloppy Joe on Bun Baked Beans Creamed Potatoes	23 Spicy Chicken Fajita Refried Beans Mexican Rice	24 Warm Meatball Sub Oven Browned Potatoes	25 Breakfast for Lunch Scrambled Eggs Sausage or Bacon Gravy, Biscuit Tator Tots
<b>BETSY PIZZA PLACE</b> (all pizzas made from scratch)		Sweet Hawaiian Spicy Pepperoni Piping Hot Cheese  Corn Tossed Salad	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
<b>CYCLONE GRILL</b>		Corndog Spicy Chicken Sandwich Oven Browned Potatoes Coleslaw	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
<b>BUILD YOUR OWN (SALADS OR SANDWICHES)</b>		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
<b>FRUIT CHOICES</b>		Melon or Fresh Pear Pineapple Chunks	Orange Wedges Sliced Pears	Grapes or Fresh Pear, Applesauce	Banana Mandarin Oranges



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<b>TUFFY'S HOME COOKING</b>	28 Warm Chicken Casserole, Roll Creamed Potatoes Peas	29 Spaghetti with Meat Sauce, Roll Green Beans Marinated Veggies	30 Chicken Parmesan on Pasta Florentine Veggies	31 Steak with Savory Gravy, Roll Creamed Potatoes Peas	
<b>BETSY PIZZA PLACE</b> (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	
<b>CYCLONE GRILL</b>	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	
<b>SALADELI (SALADS OR SANDWICHES)</b>	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	
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