




**Tulsa Public School – Child Nutrition Dept.**

**Summer Café Lunch**

**August 2017**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Ham & Cheese Wrap 1 ea. Cucumber Rounds ¼ c. Fresh Watermelon ½ c. 1% or Chocolate Milk ½ pt.	2 Fruit 1 ½ c. & Cheese Plate 2 oz. w/ Cheez-It Crackers .75 oz. Fresh Baby Carrots ¼ c. 1% or Chocolate Milk ½ pt.	3 Club Hoagie 1 ea. Mayonnaise or Mustard 1 pkg. Zesty Cucumber Salad ¼ c. Sliced Peaches ½ c. 1% or Chocolate Milk ½ pt.	4 Chili Con Queso 3 oz. Sunflower Seeds 1 oz. Applesauce 4.5 oz. Savory Wheat Crackers .79 oz. Mango Swirl Juice 6.75 fl. oz. 1% or Chocolate Milk ½ pt.
7 Pizza Kit 5.58 oz. Fresh Baby Carrots ¼ c. Raisins 1.33 oz. 1% or Chocolate Milk ½ pt.	8 Turkey & Cheese on Whole Wheat Bread 1 ea. Mayonnaise or Mustard 1 pkg. Fresh Celery Sticks ¼ c. Mandarin Oranges ½ c. 1% or Chocolate Milk ½ pt.	9 Crispy Chicken Hoagie 1 ea. w/ Ranch Dressing 1 pkg. Cucumber Rounds ¼ c. Pears, diced ½ c. 1% or Chocolate Milk ½ pt.	10 American Wrap 1 ea. Crisp Celery Sticks ¼ c. Fresh Cantaloupe ½ c. 1% or Chocolate Milk ½ pt.	11 Sunbutter 2.2 oz. Honey Graham Crackers 1 oz. Applesauce 4.5 oz. Mango Swirl Juice 6.75 fl. oz. 1% or Chocolate Milk ½ pt.
14 Turkey & Cheese Kit 4.21 oz. Fresh Celery Sticks ¼ c. Raisins 1.33 oz. 1% or Chocolate Milk ½ pt.	15 Ham and Cheese on Whole Wheat Bread 1 ea. Mayonnaise or Mustard 1 pkg. Zesty Cucumber Salad ¼ c. Mandarin Oranges ½ c. 1% or Chocolate Milk ½ pt.	16 Fruit 1 ½ c. & Cheese Plate 2 oz. w/ Cheez-It Crackers .75 oz. Fresh Baby Carrots ¼ c. 1% or Chocolate Milk ½ pt.	17 Manager's Choice Sandwich, Hoagie or Turkey & Cheese Wrap Manager's Choice Vegetable or Crisp Celery Sticks ¼ c. Manager's Choice Fruit or Fresh Watermelon ½ c. 1% or Chocolate Milk ½ pt.	18 Manager's Choice Lunch Kit, Or Sandwich, Hoagie, or Wrap Manager's Choice Vegetable Manager's Choice Fruit 1% or Chocolate Milk ½ pt.

Menu subject to change without notice.



This institution is an equal opportunity provider and employer.