



Tulsa Public Schools - High School Lunch Menu

September 2017



EVERYDAY CHOICES

Fresh Whole Fruit • Fresh or Steamed Vegetables • Fruit Juice • Half Pint Milk



Monday	Tuesday	Wednesday	Thursday	Friday
	All Pizza 30- 40g Carbs			1 Mac n Cheese 48g Hot Dog 31g Crispy Chicken Sandwich 42g Turkey Chef Salad w/ Cheez-Its 9 (39g) Italian Wrap 29g
4 NO SCHOOL 	5 Crispy Chicken Strips w/ Waffle 56g BBQ Chicken Sandwich 42g Grilled Chicken Fajitas 50g Turkey & Cheese Sub 56g Veggie Chef Salad w/ Cheez Its 16 (46g)	6 Spaghetti w/ Meatballs & Garlic Toast 46 (61g) Chili & Cheese Burrito 42g Crispy Chicken Sandwich 42g Ham Chef Salad w/ Cheez Its 9 (39g) American Wrap 29g	7 Honduran Bean Quesadilla 88g BBQ Pork Sandwich 42g Fish Nuggets 20g Veggie Chef Salad w/Cheez Its 16g (46g) Ham & Cheese Sandwich 30g Cowboy Bread 26g	8 Chicken Strips 14g Cheeseburger 30g Grilled Chicken Sandwich 29g Turkey Chef Salad w/ Cheez Its 9(39g) Spicy Chicken Wrap 29g Whole Wheat Roll 26g
24 Hot Meatball Sub 64g Chicken Pot Pie 23g Hot Ham & Cheese Sandwich 30g Southwest Veggie Wrap 40g Turkey Chef Salad w/ Cheez Its 9g (39g) Whole Wheat Roll 26g	25 Spicy Crispy Orange Chicken 33.5g Nacho Salad 46g Grilled Cheese Sandwich 30g Ham Chef Salad w/ Cheez Its 9g (39g) Fruit & Cheese Plate w/ Crackers 49g Cilantro Lime Rice 23g	26 Mac n Cheese 48g Spicy Chicken Sandwich 29g Hamburger 30g Turkey Chef Salad w/ Cheez Its 9g (39g) Ham & Cheese Wrap 29g	27 Country Steak Fingers 14g Enchilada Casserole w/ Chips 32.5g Cheeseburger 30g Veggie Chef Salad w/ Cheez Its 16g (46g) Turkey & Cheese Sandwich 30g	28 Frito Pie 66g Corn Dog 30g Veggie Chef Salad w/ Cheez Its 16g (46g) Ham & Cheese Sandwich 30g
18 Hot Dog 31g Country Steak Fingers 14g Hot Turkey & Cheese Sandwich 30g Turkey Chef Salad w/ Cheez Its 11g(40g) Fruit & Cheese Plate & Cheez Its 34g	19 Chili Cheese Burrito 42g Crispy Fish Nuggets 20g Veggie Chef Salad w/ Cheez Its 16g (46g) Grilled Chicken Wrap 30g Cheese Nachos w/ Black Beans 55g Spanish Brown Rice 24g	20 Italian Baked Pasta w/ Garlic Toast 45g(60g) Crispy Chicken Sandwich 42g Hamburger 30g Ham Chef Salad w/ Cheez Its 11(40g) American Wrap 30g	21 Hot Meatball Sub 64g Baked Potato w/ Broccoli & Cheese Sauce 68g Honduran Quesadillas 88g Grilled Chicken Salad w/ Cheez Its 11(40g) Ham & Cheese Sandwich 30g	22 Crispy Chicken Strips w/ Waffles 56g Cheeseburger 30g Corn Dog 30g Veggie Chef Salad w/ Cheez Its 16g(46g) Turkey & Cheese Wrap 30g
25 Soft Beef Tacos 53g Crispy Chicken Sandwich 42g Hot Ham & Cheese Sandwich 30g Southwest Veggie Wrap 40g Ham Chef Salad w/ Cheez Its 11g(40g)	26 Sweet & Sour Chicken 79g Cheese Nachos w/ Refried Beans 55g Hamburger 30g Turkey Chef Salad w/ Cheez Its 11g(40g) Ham & Cheese Sandwich 30g	27 Chicken Broccoli Alfredo Pasta w/ Garlic Toast 36(51g) Hot Meatball Sub 64g Cheeseburger 30g Veggie Chef Salad w/ Cheez Its 16(46g) Turkey & Cheese Sub 30g	28 Frito Pie 66g Crispy Chicken Drumstick 15g Hot Turkey & Cheese Sandwich 30g Grilled Chicken Chef Salad w/ Cheez Its 11g(40g) Fruit & Cheese Plate w/ Cheez Its 34g	29 Mac n Cheese 48g Hot Dog 31g Crispy Chicken Sandwich 42g Turkey Chef Salad w/ Cheez-Its 9 (39g) Italian Wrap 29g

Menu subject to change without notice

This institution is an equal opportunity provider and employer.

indicates this is a pork product