



Tulsa Public Schools - High School Lunch Menu

November 2017



EVERYDAY CHOICES

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



Monday	Tuesday	Wednesday	Thursday	Friday
		1 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	2 Honduran Bean Quesadilla 88g Spicy Chicken Sandwich 29g Fish Nuggets 20g Veggie Chef Salad w/Cheez Its 16g(46g) Ham & Cheese Sandwich 30g Cowboy Bread 26g	3 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
6 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	7 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	8 Mac n Cheese 48g Spicy Chicken Sandwich 29g Hamburger 30g Turkey Chef Salad w/ Cheez Its 9g (39g) Ham & Cheese Wrap 29g	9 Country Steak Fingers 14g Enchilada Casserole w/ Chips 32.5g Cheeseburger 30g Veggie Chef Salad w/ Cheez Its 16g (46gg) Turkey & Cheese Sandwich 30g	10 Frito Pie 66g Corn Dog 30g Veggie Chef Salad w/ Cheez Its 16g (46g) Ham & Cheese Sandwich 30g
13 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 50g	14 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 Turkey &Gravy 2g 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
20 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)	21 Sweet & Sour Chicken 79g Cheese Nachos w/ Refried Beans 55g Hamburger 30g Turkey Chef Salad w/ Cheez Its 11g(40g) Ham & Cheese Sandwich 30g	22 Thanksgiving Break No School	23 Thanksgiving Day No School 	24 Thanksgiving Break No School
27 Country Steak Fingers 14g Hot Turkey & Cheese Sandwich 30g Spicy Chicken Sandwich 29 g Fruit & Cheese Plate w/Cheez Its 20g(50g) Crispy Chicken Salad w/Cheez Its 16g(46g) Whole Wheat Roll 26g	28 Crispy Chicken Strips w/ Waffle BBQ Chicken Sandwich 42g Grilled Chicken Fajitas 50g Turkey & Cheese Sub 56g Veggie Chef Salad w/ Cheez Its 16(46g)	29 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	30 Honduran Bean Quesadilla 88g Spicy Chicken Sandwich 29g Fish Nuggets 20g Veggie Chef Salad w/Cheez Its 16g(46g) Ham & Cheese Sandwich 30g Cowboy Bread 26g	