






Tulsa Public Schools - High School Lunch Menu

February 2018

EVERYDAY CHOICES

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Crispy Baked Chicken Drumstick 5g Cheese Enchiladas 30g Cheeseburger 30g Veggie Chef Salad w/ Cheez-Its 16(46g) Turkey & Cheese Sandwich 30g Dinner Roll 26g	2 Frito Pie 66g Corn Dog 30g Crispy Chicken Sandwich 42g Veggie Chef Salad w/ Cheez-Its 16(46g) Ham & Cheese Sandwich 30g
5 Hot Dog 29g Country Steak Fingers 14g Hot Turkey & Cheese Sandwich 30g Turkey Chef Salad w/Cheez-Its 9(39g) Fruit & Cheese Plate w/Cheez-Its 49g Whole Wheat Roll 26g	6 Chili Cheese Burrito 42g Crispy Fish Nuggets 20g Veggie Chef Salad w/ Cheez-Its 16(46g) Spicy Chicken Wrap 30g Cheese Nachos w/Black Beans 55g Spanish Brown Rice 24g	7 Italian Baked Pasta w/ Garlic Toast 45g (60g) Crispy Chicken Sandwich 42g Hamburger 30g Ham Chef Salad w Cheez its 9(39g) American Wrap 29g	8 Hot Meatball Sub 64g Baked Potato w/ Broccoli & Cheese Sauce 68g Honduran Quesadilla 88g Crispy Chicken Salad w Cheez its 21(50g) Ham & Cheese Sandwich 30g	9 Crispy Chicken Strips w/ Waffles 56g Cheeseburger 30g Corn Dog 30g Veggie Chef Salad w Cheez its 16(46g) Turkey & Cheese Wrap 30g Whole Wheat Roll 26g Wacky Cake
12 Soft Beef Taco 53g Crispy Chicken Sandwich 42g Hot Ham & Cheese Sandwich 30g Ham Chef Salad w/ Cheez Its 9(39g) Southwest Veggie Wrap 38g	13 Sweet and Sour Chicken 79g Cheese Nachos w/Refried Beans 55g Hamburger 30g Turkey Chef Salad w/Cheez-Its 9(39g) Ham & Cheese Sandwich 30g Cilantro Lime Rice 24g	14 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	15 Frito Pie 66g Crispy Baked Chicken Drumstick Hot Turkey & Cheese Sandwich Ham Chef Salad w Cheez its 9(39g) Fruit & Cheese Plate w/ Cheez Its	16 Mac n Cheese Hot Dog Crispy Chicken Sandwich Turkey Chef Salad w Cheez its 9(39g) Italian Wrap
19  Presidents' Day 3rd Monday in February No School	20 Crispy Chicken Strips w/ Waffle BBQ Chicken Sandwich Grilled Chicken Fajitas Turkey & Cheese Sub Veggie Chef Salad w Cheez its 16(46g)	21 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	22 Honduran Bean Quesadilla 88g Spicy Chicken Sandwich 42g Fish Nuggets 20g Veggie Chef Salad w/Cheez Its 16(46g) Ham & Cheese Sandwich 30g Cowboy Bread 26g	23 Crispy Chicken Strips Cheeseburger 30g Grilled Chicken Sandwich Turkey Chef Salad w Cheez its 9(39g) Spicy Chicken Wrap Whole Wheat Roll
26 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	27 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	28 Mac n Cheese 48g Spicy Chicken Sandwich 29g Hamburger 30g Turkey Chef Salad w/ Cheez Its 9g (39g) Ham & Cheese Wrap 29g	Ex...16g(46g) Without crackers (With crackers) All Pizza 30- 40g Carbs	

 indicates this is a pork product