



**TULSA PUBLIC SCHOOLS MIDDLE SCHOOL/JR HIGH  
LUNCH MENU – NOVEMBER 2017**



**EVERYDAY CHOICES  
Fresh Apple, Orange or Banana  
Fruit Juice and Milk**



		<p><b>1</b> Spaghetti w/ Meatballs &amp; Garlic Toast 46g(61g) Chili &amp; Cheese Burrito 42g Crispy Chicken Sandwich 42g Ham Chef Salad w/ Crackers9g(25g) American Wrap 29g  Garden Salad 3g Steamed Peas &amp; Carrots 9.5g</p>	<p><b>2</b> Honduran Bean Quesadilla 88g BBQ Chicken Sandwich 42g Veggie Chef Salad w/Cheez Its 16(46g) Ham &amp; Cheese Sandwich 30g  California Vegetable Medley 6g Golden Corn 22g Confetti Brown Rice 23g Cowboy Bread 26g</p>	<p><b>3</b> Chicken Strips 14g Cheeseburger 30g Turkey Chef Salad w/ Cheez Its 9 (39g) Spicy Chicken Wrap 29g  Oven Baked Curly Fries 19g Fresh Carrot &amp; Celery Sticks 4g Garden Salad 3g Whole Wheat Roll 26g</p>
<p><b>6</b> Hot Meatball Sub 64g Chicken Pot Pie 23g Southwest Veggie Wrap Turkey Chef Salad w/ Crackers9g(25g)  Garden Salad 3g Sweet Potato Waffle Fries 16g Whole Wheat Roll 26g</p>	<p><b>7</b> Spicy Crispy Orange Chicken 33.5g Nacho Salad 46g Ham Chef Salad w/ Crackers9g(25g) Fruit &amp; Cheese Plate w/ Crackers 49g Steamed Broccoli 7g Festive Black Beans 37.5g Spinach Salad 3g Cilantro Lime Rice 23g</p>	<p><b>8</b> Mac n Cheese 42g Spicy Chicken Sandwich 29g Turkey Chef Salad w/ Crackers9g(25g) Ham &amp; Cheese Wrap 29g  Color of Italy Salad 4g Seasoned Carrots 10g Garden Salad 3g</p>	<p><b>9</b> Crispy Baked Chicken Drumstick 7g Cheese Enchiladas 32g Veggie Chef Salad w/Cheez Its 16 (46g) Turkey &amp; Cheese Sandwich 30g Green Beans 4.5g Mashed Potatoes 15g Whole Wheat Roll 26g</p>	<p><b>10</b> Frito Pie 66g Corn Dog 30g Veggie Chef Salad w/ Crackers 16g(38g) Ham &amp; Cheese Sandwich 30g Steamed Mixed Vegetables 13g Baby Carrots &amp; Celery Sticks 4g Spinach Salad 4g</p>
<p><b>13</b> Hot Dog 31g Country Steak Fingers 14g Fruit &amp; Cheese Plate w/ Cheez-Its 34g Turkey Chef Salad w/ Cheez-Its 11g(40g) Seasoned Green Beans 4.5g Mashed Potatoes 15g Garden Salad 3g Whole Wheat Roll 26g</p>	<p><b>14</b> Chili Cheese Burrito 42g Crispy Fish Nuggets 20g Grilled Chicken Wrap 29g Veggie Chef Salad w/ Cheez-Its 16g(46g)  Mexicali Corn 22g Sweet Potato Waffle Fries 16g Spanish Brown Rice 23g</p>	<p><b>15</b> Italian Baked Pasta w/ Garlic Toast 34g (49g) Crispy Chicken Sandwich 44g American Wrap 29g Ham Chef Salad w/ Cheez-Its 11g(40g)  Steamed Peas &amp; Carrots 9.5g Color of Italy Salad 4g Spinach Salad 3g</p>	<p><b>16</b> Hot Meatball Sub 64g Baked Potato w/ Broccoli &amp; Cheese Sauce 68g Grilled Chicken Salad w/ Cheez-Its 9g(39g) Ham &amp; Cheese Sandwich 30g  Celebrate Summer Salad 1g Garden Salad 3g Whole Wheat Roll 26g</p>	<p><b>17</b> Crispy Chicken Strips w/ Waffle 56g Cheeseburger 30g Veggie Chef Salad w Cheez-Its 16g(46g) Turkey &amp; Cheese Wrap 29g  Oven Baked Potato Wedges 16g BBQ Baked Beans 34g Garden Salad 3g</p>
<p><b>20</b> Soft Beef Taco 53g Crispy Chicken Sandwich 44g Southwest Veggie Wrap 40g Ham Chef Salad w/ Cheez-Its 11g(40g) Festive Black Beans37.5g Sweet Potato Waffle Fries 16g Garden Salad 3g</p>	<p><b>21</b> Sweet &amp; Sour Chicken 79g Nachos w/ Refried Beans 55g Turkey Chef Salad w/ Cheez-Its 11g(40g) Ham &amp; Cheese Sandwich 30g  Steamed Broccoli 7g Garden Salad 3g Cilantro Lime Rice 24g</p>	<p><b>22</b> Thanksgiving Break No School</p>	<p><b>23</b> Thanksgiving Day No School</p> <p></p>	<p><b>24</b> Thanksgiving Break No School</p>
<p><b>30</b> Country Steak Fingers 16g Hot Turkey &amp; Cheese Sandwich 30g Fruit &amp; Cheese Plate w/Cheez Its 20(50g) Crispy Chicken Salad w/Cheez Its 16g(46g)  Seasoned Green Beans 5g Mashed Potatoes 15g Garden Salad 3g Whole Wheat Roll 26g</p>	<p><b>31</b> Crispy Chicken Strips w/ Waffle 56g BBQ Chicken Sandwich 42g Turkey &amp; Cheese Sub 56g Veggie Chef Salad w/ Cheez Its 16g (46g)  Sweet Potato Waffle Fries 16g BBQ Baked Beans 34g</p>	<p><b>29</b> Spaghetti w/ Meatballs &amp; Garlic Toast 46g(61g) Chili &amp; Cheese Burrito 42g Crispy Chicken Sandwich 42g Ham Chef Salad w/ Crackers9g(25g) American Wrap 29g  Garden Salad 3g Steamed Peas &amp; Carrots 9.5g</p>	<p><b>30</b> Honduran Bean Quesadilla 88g BBQ Chicken Sandwich 42g Veggie Chef Salad w/Cheez Its 16(46g) Ham &amp; Cheese Sandwich 30g  California Vegetable Medley 6g Golden Corn 22g Confetti Brown Rice 23g Cowboy Bread 26g</p>	<p></p>