



**TULSA PUBLIC SCHOOLS MIDDLE SCHOOL/JR HIGH
LUNCH MENU – APRIL 2018**



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

<p>2</p> <p>Hot Dog 29g Country Steak Fingers 14g Fruit & Cheese Plate w/ Cheez Its 49g Turkey Chef Salad w/ Cheez Its 9(39g)</p> <p>Seasoned Green Beans 5g Mashed Potatoes 15g Garden Salad 3g Whole Wheat Roll 26g</p>	<p>3</p> <p>Chili Cheese Burrito 42g Catfish Po'Boy 66g Veggie Chef Salad w/ Cheez Its 16(46g) Spicy Chicken Wrap 30g</p> <p>Mexicali Corn 22g Sweet Potato Waffle Fries 15g Spanish Brown Rice 24g</p>	<p>4</p> <p>Italian Baked Pasta w/ Garlic Toast 34(49g) BBQ Chicken Sandwich 42g American Wrap 30g Ham Chef Salad w/ Cheez Its 9(39g)</p> <p>Steamed Peas & Carrots 9.5g Color of Italy Salad 4g Spinach Salad 3g</p>	<p>5</p> <p>Hot Meatball Sub 64g Baked Potato w/ Broccoli & Cheese Sauce 68g Crispy Chicken Salad w/ Cheez its Ham & Cheese Sandwich 30g</p> <p>Golden Corn 22g Garden Salad 3g Whole Wheat Roll 26g</p>	<p>6</p> <p>Crispy Chicken Strips w/ Waffle 56g Cheeseburger 30g Veggie Chef Salad w/ Cheez Its 16 (46g) Turkey & Cheese Wrap 30g</p> <p>Oven Baked Curly Fries 16g BBQ Baked Beans 34g Garden Salad 3g Wacky Cake</p>
<p>9</p> <p>Soft Beef Tacos 28g Country Steak Fingers 14g Southwest Veggie Wrap 38g Ham Chef Salad w/ Cheez Its 9(39g)</p> <p>Festive Black Beans 37.5g Sweet Potato Waffle Fries 15g Garden Salad 3g</p>	<p>10</p> <p>Sweet & Sour Chicken 79g Cheese Nachos w/ Refried Beans 55g Turkey Chef Salad w/ Cheez Its 9(39g) Ham & Cheese Sandwich 30g</p> <p>Steamed Broccoli 7g Garden Salad 3g Cilantro Lime Rice 24g</p>	<p>11</p> <p>Chicken Broccoli Alfredo Pasta & Garlic Toast 36(51g) Hot Meatball Sub 64g Veggie Chef Salad w/ Cheez Its 16(46g) Turkey & Cheese Sub 56g</p> <p>Color of Italy Salad 4g Steamed Carrots 4g</p>	<p>12</p> <p>Frito Pie 66g Crispy Chicken Strips 16g Ham Chef Salad w/ Cheez Its 9(39g) Fruit & Cheese Plate w/ Cheez Its 34g</p> <p>Green Beans 5g Mashed Potatoes 15g Whole Wheat Roll 26g</p>	<p>13</p> <p>Mac n Cheese 42g Hot Dog 29g Turkey Chef Salad w/ Cheez Its 9(39g) Italian Wrap 30g</p> <p>Steamed Mixed Vegetables 13g Baby Carrots & Celery Sticks 4g Spinach Salad 3g</p>
<p>16</p> <p>Country Steak Fingers 14g Hot Turkey & Cheese Sandwich 30g Fruit & Cheese Plate w/ Cheez Its 34g Crispy Chicken Salad w/ Cheez Its</p> <p>Seasoned Green Beans 5g Mashed Potatoes 15g Garden Salad 3g Whole Wheat Roll 26g</p>	<p>17</p> <p>Crispy Chicken Strips w/ Waffle BBQ Chicken Sandwich Turkey & Cheese Sub Veggie Chef Salad w/ Cheez Its</p> <p>Sweet Potato Waffle Fries 15g BBQ Baked Beans 34g</p>	<p>18</p> <p>Spaghetti w/ Meatballs & Garlic Toast 46(61g) Chili & Cheese Burrito 42g Ham Chef Salad w/ Cheez Its 9(39g) American Wrap 30g</p> <p>Garden Salad 3g Steamed Peas & Carrots 9.5g</p>	<p>19</p> <p>Honduran Bean Quesadilla 44g Spicy Chicken Sandwich 42g Veggie Chef Salad w/Cheez Its 16(46g) Ham & Cheese Sandwich 30g</p> <p>California Vegetable Medley 13g Golden Corn 22g Cilantro Lime Rice 23g Cowboy Bread 22g</p>	<p>20</p> <p>Chicken Strips 16g Cheeseburger 30g Turkey Chef Salad w/ Cheez Its 9(39g) Spicy Chicken Wrap 30g</p> <p>Oven Baked Curly Fries 15g Fresh Carrot & Celery Sticks 4g Garden Salad 3g Whole Wheat Roll 26g</p>
<p>23</p> <p>Hot Meatball Sub 64g Chicken Pot Pie 23g Southwest Veggie Wrap 38g Turkey Chef Salad w/ Cheez Its 9(39g)</p> <p>Garden Salad 3g Sweet Potato Waffle Fries 15g Whole Wheat Roll 26g</p>	<p>24</p> <p>Spicy Crispy Orange Chicken 33.5g Nacho Salad 46g Ham Chef Salad w/Cheez Its 9(39g) Fruit & Cheese Plate w/ Cheez Its 49g</p> <p>Steamed Broccoli 7g Festive Black Beans 11g Spinach Salad 3g Cilantro Lime Rice 23g</p>	<p>25</p> <p>Mac n Cheese 42g Spicy Chicken Sandwich 29g Turkey Chef Salad w/ Cheez Its 9 (39g) Ham & Cheese Wrap 30g</p> <p>Color of Italy Salad 4g Steamed Carrots 4g Garden Salad 3g</p>	<p>26</p> <p>Crispy Chicken Strips 16g Cheese Enchiladas 30g Veggie Chef Salad w/Cheez Its 16(46g) Turkey & Cheese Sandwich 30g</p> <p>Steamed Green Beans 5g Mashed Potatoes 15g Whole Wheat Roll 26g</p>	<p>27</p> <p>Frito Pie 66g Corn Dog 30g Veggie Chef Salad w/Cheez Its 16(46g) Ham & Cheese Sandwich 30g</p> <p>Steamed Mixed Vegetables 13g Baby Carrots & Celery Sticks 4g Spinach Salad 3g</p>
<p>30</p> <p>Dog 29g Country Steak Fingers 14g Fruit & Cheese Plate w/ Cheez Its 49g Turkey Chef Salad w/ Cheez Its 9(39g)</p> <p>Seasoned Green Beans 5g Mashed Potatoes 15g Garden Salad 3g Whole Wheat Roll 26g</p>		<p>APRIL showers -BRING- may flowers</p>		