



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



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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p><b>1</b></p> <p>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>2</b></p> <p>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>5</b></p> <p>Hot Dog 15g Country Steak Finger 14gs 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>6</b></p> <p>Chili Cheese Burrito 42g Crispy Fish Nuggets 20g Grilled Chicken Wrap 29g Veggie Chef Salad w/ Cheez-Its 16g(46g)</p> <p>Mexicali Corn 22g Sweet Potato Waffle Fries 16g Spanish Brown Rice 23g</p>	<p><b>7</b></p> <p>Italian Baked Pasta w/ Garlic Toast 34g (49g) Crispy Chicken Sandwich 44g American Wrap 29g Ham Chef Salad w/ Cheez-Its 11g(40g)</p> <p>Steamed Peas &amp; Carrots 9.5g Color of Italy Salad 4g Spinach Salad 3g</p>	<p><b>8</b></p> <p>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</p> <p>Celebrate Summer Salad 1g Garden Salad 3g Whole Wheat Roll 26g</p>	<p><b>9</b></p> <p>Crispy Chicken Strips w/ Waffle 56g Cheeseburger 30g Veggie Chef Salad w/ Cheez-Its 16g(46g) Turkey &amp; Cheese Wrap 29g</p> <p>Oven Baked Potato Wedges 16g BBQ Baked Beans 34g Garden Salad 3g Wacky Cake</p>
<p><b>12</b></p> <p>Soft Beef Tacos 28g Crispy Chicken Sandwich 44g 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><b>13</b></p> <p>Sweet &amp; Sour Chicken 79g Nachos w/ Refried Beans 55g Turkey Chef Salad w/ Cheez-Its 11g(40g) Ham &amp; Cheese Sandwich 30g</p> <p>Steamed Broccoli 7g Garden Salad 3g Cilantro Lime Rice 24g</p>	<p><b>14</b></p> <p>Grilled Chicken Broccoli Alfredo Pasta w/ Garlic Toast 36(51g) Hot Meatball Sub 64g Veggie Chef Salad w/ Cheez-Its 16g(46g) Turkey &amp; Cheese Sub 56g</p> <p>Color of Italy Salad 4g Steamed Carrots 4g</p>	<p><b>15</b></p> <p>Frito Pie 66g Crispy Chicken Drumstick 16g Grilled Chicken Chef Salad w/ Cheez-Its 9g(39g) Fruit &amp; Cheese Plate w/ Cheez-Its 34g</p> <p>Zesty Cucumber Salad 3g Mashed Potatoes 15g Whole Wheat Roll 26g</p>	<p><b>16</b></p> <p>Mac n Cheese 48g Hot Dog 31g Turkey Chef Salad w/ Crackers 9g(25g) Italian Wrap 29g</p> <p>Steamed Mixed Vegetables 5.5g Baby Carrots &amp; Celery Sticks 4g Spinach Salad 3g</p>
<p><b>19</b></p> <p><b>Presidents' Day</b></p>  <p><b>3rd Monday in February</b> No School</p>	<p><b>20</b></p> <p>Crispy Chicken Strips w/ Waffle 56g BBQ Chicken Sandwich 42g Turkey &amp; Cheese Sub 56g Veggie Chef Salad w/ Cheez Its 16(46g) Sweet Potato Waffle Fries 16g BBQ Baked Beans 34g</p>	<p><b>21</b></p> <p>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</p> <p>Garden Salad 3g Steamed Peas &amp; Carrots 9.5g</p>	<p><b>22</b></p> <p>Honduran Bean Quesadilla 88g Spicy Chicken Sandwich 42g Veggie Chef Salad w/Cheez Its 16(46g) Ham &amp; Cheese Sandwich 30g</p> <p>California Vegetable Medley 6g Golden Corn 22g Confetti Brown Rice 23g Cowboy Bread 26g</p>	<p><b>23</b></p> <p>Chicken Strips 14g Cheeseburger 30g Turkey Chef Salad w/ Cheez Its 9 (39g) Spicy Chicken Wrap 29g</p> <p>Oven Baked Curly Fries 19g Fresh Carrot &amp; Celery Sticks 4g Garden Salad 3g Whole Wheat Roll 26g</p>
<p><b>26</b></p> <p>Hot Meatball Sub 64g Chicken Pot Pie 23g Southwest Veggie Wrap 38g Turkey Chef Salad w/ Crackers9g(25g)</p> <p>Garden Salad 3g Sweet Potato Waffle Fries 16g Whole Wheat Roll 26g</p>	<p><b>27</b></p> <p>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>28</b></p> <p>Mac n Cheese 42g Spicy Chicken Sandwich 29g Turkey Chef Salad w/ Crackers9g(25g) Ham &amp; Cheese Wrap 29g</p> <p>Color of Italy Salad 4g Seasoned Carrots 10g Garden Salad 3g</p>		