



Tulsa Public Schools - High School Lunch Menu

March 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 Cheese Enchiladas Cheeseburger Veggie Chef Salad w/ Cheez-Its Turkey & Cheese Sandwich Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Whole Wheat Roll	2 Frito Pie Corn Dog Crispy Chicken Sandwich Veggie Chef Salad w/ Cheez-Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza
5 Hot Dog Country Steak Fingers Hot Turkey & Cheese Sandwich Turkey Chef Salad w/Cheez-Its Fruit & Cheese Plate w/Cheez-Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza Whole Wheat Roll	6 Chili Cheese Burrito Crispy Fish Nuggets Veggie Chef Salad w/ Cheez-Its Spicy Chicken Wrap Cheese Nachos w/Black Beans Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza Spanish Brown Rice	7 Italian Baked Pasta w/ Garlic Toast Crispy Chicken Sandwich Hamburger Ham Chef Salad w/ Cheez Its American Wrap Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza	8 Hot Meatball Sub Baked Potato w/ Broccoli & Cheese Sauce Honduran Bean Quesadilla Crispy Chicken Chef Salad w/ Cheez Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza	9 Crispy Chicken Strips w/ Waffles Cheeseburger Corn Dog Veggie Chef Salad w/ Cheez Its Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Whole Wheat Roll Wacky Cake
12 Soft Beef Taco Crispy Chicken Sandwich Hot Ham & Cheese Sandwich Ham Chef Salad w/ Cheez Its Southwest Veggie Wrap Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza	13 Sweet and Sour Chicken Cheese Nachos w/ Refried Beans Hamburger Turkey Chef Salad w/Cheez-Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza Cilantro Lime Rice	14 Chicken Broccoli Alfredo Pasta w/ Garlic Toast Hot Meatball Sub Cheeseburger Veggie Chef Salad w/ Cheez Its Turkey & Cheese Sub Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza	15 Professional Day No School	16 Parent Conference Day No School
19 Spring Break No School	20 Spring Break No School 	21 Spring Break No School	22 Spring Break No School	23 Spring Break No School
26 Hot Meatball Sub Chicken Pot Pie Hot Ham & Cheese Sandwich American Wrap Cheese Pizza Pepperoni Pizza Dinner Roll	27 Spicy Crispy Orange Chicken Honduran Bean Quesadilla Santa Fe Grilled Cheese Sandwich Ham Chef Salad w/ Cheez-Its Fruit & Cheese Plate w/ Cheez-Its Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza Cilantro Lime Rice	28 Mac n Cheese Spicy Chicken Sandwich Hamburger Turkey Chef Salad w/ Cheez-Its Ham & Cheese Wrap Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza	29 Crispy Baked Chicken Drumstick Cheese Enchiladas Cheeseburger Veggie Chef Salad w/ Cheez-Its Turkey & Cheese Sandwich Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Whole Wheat Roll	30 Frito Pie Corn Dog Crispy Chicken Sandwich Veggie Chef Salad w/ Cheez-Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza