



Tulsa Public Schools - High School Lunch Menu

January 2018



EVERYDAY CHOICES

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Winter Break</p> 	<p>2</p> <p>Winter Break</p>	<p>3</p> <p>Professional Day No School</p>	<p>4</p> <p>Crispy Baked Chicken Drumstick Cheese Enchiladas Cheeseburger Veggie Chef Salad w/ Cheez-Its Turkey &amp; Cheese Sandwich Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Dinner Roll</p>	<p>5</p> <p>Frito Pie Corn Dog Crispy Chicken Sandwich Veggie Chef Salad w/ Cheez-Its Ham &amp; Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p>
<p>8</p> <p>Hot Dog Country Steak Fingers Hot Turkey &amp; Cheese Sandwich Turkey Chef Salad w/Cheez-Its Fruit &amp; Cheese Plate w/Cheez-Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza Whole Wheat Roll</p>	<p>9</p> <p>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</p>	<p>10</p> <p>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</p>	<p>11</p> <p>Hot Meatball Sub Baked Potato w/ Broccoli &amp; Cheese Sauce Honduran Quesadilla Crispy Chicken Salad w/ Cheez Its Ham &amp; Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p>	<p>12</p> <p>Crispy Chicken Strips w/ Waffles Cheeseburger Corn Dog Veggie Chef Salad w/ Cheez Its Turkey &amp; Cheese Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Whole Wheat Roll Wacky Cake</p>
<p>15</p> <p>Martin Luther King Jr. Holiday</p>	<p>16</p> <p>Sweet and Sour Chicken Cheese Nachos w/Refried Beans Hamburger Turkey Chef Salad w/Cheez-Its Ham &amp; Cheese Sandwich Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza Cilantro Lime Rice</p>	<p>17</p> <p>Chicken Broccoli Alfredo Pasta w/ Garlic Toast Hot Meatball Sub Cheeseburger Veggie Chef Salad w/ Cheez Its Turkey &amp; Cheese Sub Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza</p>	<p>18</p> <p>Frito Pie Crispy Baked Chicken Drumstick Hot Turkey &amp; Cheese Sandwich Ham Chef Salad w/ Cheez Its Fruit &amp; Cheese Plate w/ Cheez Its Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza</p>	<p>19</p> <p>Mac n Cheese Hot Dog Crispy Chicken Sandwich Turkey Chef Salad w/ Cheez Its Italian Wrap Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p>
<p>22</p> <p>Country Steak Fingers Hot Turkey &amp; Cheese Sandwich Spicy Chicken Sandwich Crispy Chicken Salad w/ Cheez Its Fruit &amp; Cheese Plate w/ Cheez Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza Whole Wheat Roll</p>	<p>23</p> <p>Crispy Chicken Strips w/ Waffle BBQ Chicken Sandwich Grilled Chicken Fajitas Turkey &amp; Cheese Sub Veggie Chef Salad w/ Cheez Its Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p>	<p>24</p> <p>Spaghetti w/ Meatballs &amp; Garlic Toast Chili &amp; Cheese Burrito Crispy Chicken Sandwich Ham Chef Salad w/ Cheez Its American Wrap Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza</p>	<p>25</p> <p>Honduran Bean Quesadilla Spicy Chicken Sandwich Fish Nuggets Veggie Chef Salad w/Cheez Its Ham &amp; Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza Cowboy Bread</p>	<p>26</p> <p>Crispy Chicken Strips Cheeseburger Grilled Chicken Sandwich Turkey Chef Salad w/ Cheez Its Spicy Chicken Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Whole Wheat Roll</p>
<p>29</p> <p>Hot Meatball Sub Chicken Pot Pie Hot Ham &amp; Cheese Sandwich Turkey Chef Salad w/ Cheez-Its Southwest Veggie Wrap Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza Whole Wheat Roll</p>	<p>30</p> <p>Spicy Crispy Orange Chicken Nacho Salad Grilled Cheese Sandwich Ham Chef Salad w/ Cheez-Its Fruit &amp; Cheese Plate w/ Cheez- Its Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza Cilantro Lime Rice</p>	<p>31</p> <p>Mac n Cheese Spicy Chicken Sandwich Hamburger Turkey Chef Salad w/ Cheez-Its Ham &amp; Cheese Wrap Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza</p>		