





Tulsa Public School – Child Nutrition Dept.

Almuerzo – Summer Cafe

Julio 2017



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
3 Turkey & Cheese Kit Fresh Celery Sticks ¼ c. Raisins 1.33 oz. 1% or Chocolate Milk ½ pt.	4  <b>CLOSED 4<sup>TH</sup> OF JULY HOLIDAY</b>	5 Pizza Kit 5.58 oz. Fresh Baby Carrots ¼ c. Raisins 1.33 oz. 1% or Chocolate Milk ½ pt.	6 Club Hoagie 1 ea. Mayonnaise or Mustard 1 pkg. Zesty Cucumber Salad ¼ c. Sliced Peaches ½ c. 1% or Chocolate Milk ½ pt.	7 Chili Con Queso 3 oz. Sunflower Seeds 1 oz. Applesauce 4.5 oz. Savory Wheat Crackers .79 oz. Mango Swirl Juice 6.75 fl. oz. 1% or Chocolate Milk ½ pt.
10 Turkey & Cheese Kit 4.21 oz. Fresh Celery Sticks ¼ c. Raisins 1.33 oz. 1% or Chocolate Milk ½ pt.	11 Turkey & Cheese on Whole Wheat Bread 1 ea. Mayonnaise or Mustard 1 pkg. Fresh Celery Sticks ¼ c. Mandarin Oranges ½ c. 1% or Chocolate Milk ½ pt.	12 Crispy Chicken Hoagie 1 ea. w/ Ranch Dressing 1 pkg. Cucumber Rounds ¼ c. Pears, diced ½ c. 1% or Chocolate Milk ½ pt.	13 American Wrap 1 ea. Crisp Celery Sticks ¼ c. Fresh Cantaloupe ½ c. 1% or Chocolate Milk ½ pt.	14 Sunbutter 2.2 oz. Honey Graham Crackers 1 oz. Applesauce 4.5 oz. Mango Swirl Juice 6.75 fl. oz. 1% or Chocolate Milk ½ pt.
17 Pizza Kit 5.58 oz. Fresh Baby Carrots ¼ c. Raisins 1.33 oz. 1% or Chocolate Milk ½ pt.	18 Ham and Cheese on Whole Wheat Bread 1 ea. Mayonnaise or Mustard 1 pkg. Zesty Cucumber Salad ¼ c. Mandarin Oranges ½ c. 1% or Chocolate Milk ½ pt.	19 Fruit 1 ½ c. & Cheese Plate 2 oz. w/ Cheez-It Crackers .75 oz. Fresh Baby Carrots ¼ c. 1% or Chocolate Milk ½ pt.	20 Turkey & Cheese Wrap 1 ea. Crisp Celery Sticks ¼ c. Fresh Watermelon ½ c. 1% or Chocolate Milk ½ pt.	21 Chili Con Queso 3 oz. Sunflower Seeds 1 oz. Applesauce 4.5 oz. Savory Wheat Crackers .79 oz. Mango Swirl Juice 6.75 fl. oz. 1% or Chocolate Milk ½ pt.
24 Pizza Kit 5.58 oz. Fresh Baby Carrots ¼ c. Raisins 1.33 oz. 1% or Chocolate Milk ½ pt.	25 American Wrap 1 ea. Crisp Celery Sticks ¼ c. Apricots ½ c. 1% or Chocolate Milk ½ pt.	26 Italian Hoagie 1 ea. w/ Italian Dressing 1 pkg. Cucumber Rounds ¼ c. Fresh Apple 1 ea. (125-138 ct.) 1% or Chocolate Milk ½ pt.	27 Turkey & Cheese on Whole Wheat Bread 1 ea. Mayonnaise or Mustard 1 pkg. Fresh Baby Carrots ¼ c. Honey Dew Melon ½ c. 1% or Chocolate Milk ½ pt.	28 Sunbutter 2.2 oz. Honey Graham Crackers 1 oz. Applesauce 4.5 oz. Mango Swirl Juice 6.75 fl. oz. 1% or Chocolate Milk ½ pt.
31 Turkey & Cheese Kit Fresh Celery Sticks ¼ c. Raisins 1.33 oz. 1% or Chocolate Milk ½ pt.				

Menú está sujeto a cambios sin previo aviso.



Ésta institución es un proveedor y empleador que ofrece igualdad de oportunidades.