





Tulsa Public School – Child Nutrition Dept.

Summer Café Lunch

June 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 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.	2 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.
5 Turkey & Cheese Kit Fresh Celery Sticks ¼ c. Raisins 1.33 oz. 1% or Chocolate Milk ½ pt.	6 Ham & Cheese Wrap 1 ea. Cucumber Rounds ¼ c. Fresh Watermelon ½ c. 1% or Chocolate Milk ½ pt.	7 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.	8 Club Hoagie 1 ea. Mayonnaise or Mustard 1 pkg. Zesty Cucumber Salad ¼ c. Sliced Peaches ½ c. 1% or Chocolate Milk ½ pt.	9 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.
12 Pizza Kit 5.58 oz. Fresh Baby Carrots ¼ c. Raisins 1.33 oz. 1% or Chocolate Milk ½ pt.	13 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.	14 Crispy Chicken Hoagie 1 ea. w/ Ranch Dressing 1 pkg. Cucumber Rounds ¼ c. Pears, diced ½ c. 1% or Chocolate Milk ½ pt.	15 American Wrap 1 ea. Crisp Celery Sticks ¼ c. Fresh Cantaloupe ½ c. 1% or Chocolate Milk ½ pt.	16 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.
19 Turkey & Cheese Kit 4.21 oz. Fresh Celery Sticks ¼ c. Raisins 1.33 oz. 1% or Chocolate Milk ½ pt.	20 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.	21 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.	22 Turkey & Cheese Wrap 1 ea. Crisp Celery Sticks ¼ c. Fresh Watermelon ½ c. 1% or Chocolate Milk ½ pt.	23 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.
26 Pizza Kit 5.58 oz. Fresh Baby Carrots ¼ c. Raisins 1.33 oz. 1% or Chocolate Milk ½ pt.	27 American Wrap 1 ea. Crisp Celery Sticks ¼ c. Apricots ½ c. 1% or Chocolate Milk ½ pt.	28 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.	29 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.	30 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.

Menu subject to change without notice.



This institution is an equal opportunity provider and employer.