



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



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5
Hot Dog
Country Steak Fingers
Fruit & Cheese Plate w/
Cheez Its
Turkey Chef Salad w/
Cheez Its
Cheese Pizza
Pepperoni Pizza
Veggie Supreme Pizza

Seasoned Green Beans
Mashed Potatoes
Garden Salad
Whole Wheat Roll

6
Chili Cheese Burrito
Crispy Fish Nuggets
Veggie Chef Salad w/
Cheez Its
Spicy Chicken Wrap
Cheese Pizza
Pepperoni Pizza
All American Cheeseburger
Pizza

Mexicali Corn
Sweet Potato Waffle Fries
Spanish Brown Rice

7
Italian Baked Pasta w/ Garlic
Toast
Crispy Chicken Sandwich
American Wrap
Ham Chef Salad w/ Cheez Its
Cheese Pizza
Veggie Supreme Pizza
Buffalo Chicken Pizza

Steamed Peas & Carrots
Color of Italy Salad
Spinach Salad

1
Crispy Baked Chicken
Drumstick
Cheese Enchiladas
Veggie Chef Salad w/Cheez Its
Turkey & Cheese Sandwich
Cheese Pizza
Pepperoni Pizza
Spicy Hawaiian Pizza

Steamed Green Beans
Mashed Potatoes
Whole Wheat Roll

2
Frito Pie
Corn Dog
Veggie Chef Salad w/Cheez Its
Ham & Cheese Sandwich
Cheese Pizza
Pepperoni Pizza
Classic Supreme Pizza

Steamed Mixed Vegetables
Fresh Baby Carrots & Celery
Sticks
Spinach Salad

12
Soft Beef Tacos
Crispy Chicken Sandwich
Southwest Veggie Wrap
Ham Chef Salad w/ Cheez Its
Cheese Pizza
Pepperoni Pizza
Veggie Supreme Pizza

Festive Black Beans
Sweet Potato Waffle Fries
Garden Salad

13
Sweet & Sour Chicken
Cheese Nachos w/ Refried Beans
Turkey Chef Salad w/ Cheez Its
Ham & Cheese Sandwich
Cheese Pizza
Pepperoni Pizza
Buffalo Chicken Pizza

Steamed Broccoli
Garden Salad
Cilantro Lime Rice

14
Chicken Broccoli Alfredo Pasta
& Garlic Toast
Hot Meatball Sub
Veggie Chef Salad w/ Cheez Its
Turkey & Cheese Sub
Cheese Pizza
Pepperoni Pizza
All American Cheeseburger
Pizza

Color of Italy Salad
Steamed Carrots

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
American Wrap
Cheese Pizza
Pepperoni Pizza

Steamed Green Beans
Sweet Potato Waffle Fries
Dinner Roll

27
Spicy Crispy Orange Chicken
Honduran Bean Quesadilla
Ham Chef Salad w/Cheez Its
Fruit & Cheese Plate w/
Cheez Its
Cheese Pizza
Veggie Supreme Pizza
Buffalo Chicken Pizza

Steamed Broccoli
Festive Black Beans
Spinach Salad
Cilantro Lime Rice

28
Mac n Cheese
Spicy Chicken Sandwich
Turkey Chef Salad w/ Cheez Its
Ham & Cheese Wrap
Cheese Pizza
Pepperoni Pizza
All American Cheeseburger
Pizza

Color of Italy Salad
Steamed Carrots
Garden Salad

29
Crispy Baked Chicken
Drumstick
Cheese Enchiladas
Veggie Chef Salad w/Cheez Its
Turkey & Cheese Sandwich
Cheese Pizza
Pepperoni Pizza
Spicy Hawaiian Pizza

Steamed Green Beans
Mashed Potatoes
Whole Wheat Roll

30
Frito Pie
Corn Dog
Veggie Chef Salad w/Cheez Its
Ham & Cheese Sandwich
Cheese Pizza
Pepperoni Pizza
Classic Supreme Pizza

Steamed Mixed Vegetables
Baby Carrots & Celery Sticks
Spinach Salad