

TULSA PUBLIC SCHOOL – CHILD NUTRITION
SEPTEMBER 2010
ELEMENTARY LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk / Fruit & Vegetable Bar are offered daily.	8-31	1 Chicken & Noodle w/ Whole Wheat Roll Grilled Cheese Sandwich Club Sandwich on Whole Wheat Hoagie Roasted Herb Potatoes Peas & Carrots	2 Teriyaki Chicken w/ Confetti Brown Rice Bean & Cheese Burrito w/ Confetti Brown Rice Ham & Cheese on Whole Wheat Bread Mexicali Corn Stir Fry Vegetables	3 Cheeseburger w/ French Fries Hot Dog w/ French Fries Veggie Rollup Steamed Broccoli Honey Mustard Slaw
6 NO SCHOOL LABOR DAY	7 Pepperoni Pizza Spaghetti w/ Meat Sauce & Whole Wheat Garlic Toast Fruit & Cheese Plate w/ Whole Wheat Crackers Seasonal Fruit Salad Yogurt	8 Italian Baked Pasta w/ Whole Wheat Garlic Toast Chicken Nuggets Turkey & Cheese Sandwich on Whole Wheat Bread Seasoned Green Beans Sweet Potatoes w/ Seasoning	9 Tamale Pie BBQ Chicken Sandwich on Whole Wheat Bun Vegetarian Sub on Whole Wheat Hoagie Roll Roasted Corn & Tomatoes Cowboy Bread	10 Fish Shapes w/ Confetti Brown Rice Nachos Grilled Chicken Wrap Festive Black Beans Broccoli
13 Chicken Fried Steak Crispy Chicken Sandwich on Whole Wheat Bun Veggie Rollup Seasoned Green Beans Mac n Cheese	14 Baked Potato w/ Chili & Cheese Chicken Nuggets w/ Confetti Brown Rice Southwest Veggie Wrap Steamed Broccoli Golden Corn	15 Chicken Tetrizzini w/ Whole Wheat Roll Hot Ham & Cheese Sub on Whole Wheat Hoagie Fruit & Cheese Plate w/ Whole Wheat Crackers YOGURT Sautéed Spinach	16 Vegetable Fried Rice w/ Egg Roll Chicken Pot Pie American Wrap Peas & Carrots Warm Apple Crisp	17 Cheese Bread Sticks w/ Marinara Corn Dog w/ Honey Mustard Slaw Club Sandwich on Whole Wheat Hoagie Seasoned Green Beans Seasonal Fruit Salad
20 Fried Chicken w/ Mashed Potatoes Hot Turkey & Cheese Sandwich Vegetarians Salad w/ Whole Wheat Crackers Roasted Corn & Tomatoes Steamed Broccoli	21 Nacho Salad Frito Pie Mediterranean Pasta Salad w/ Whole Wheat Crackers Festive Black Beans Mexicali Corn	22 Spaghetti w/ Meat Sauce & Whole Wheat Garlic Toast Cheese Pizza Turkey & Cheese on Whole Wheat Bread Peas & Carrots Garden Salad	23 Turkey & Gravy w/ Cornbread Dressing Veggie Mac n Cheese Ham Chef Salad w/ Whole Wheat Crackers Seasoned Green Beans Glazed Carrots	24 Chicken Nuggets w/ French Fries Cheeseburger w/ French Fries Veggie Rollup French Fries Seasonal Fruit Salad
27 Chicken Fried Steak w/ Mashed Potatoes BBQ Chicken on Whole Wheat Bun Fruit & Cheese Plate w/ Whole Wheat Crackers Green Beans Cauliflower w/ Cheese	28 Bean & Cheese Burrito w/ Confetti Brown Rice Fish Shapes w/ Honey Mustard Slaw American Wrap Mexicali Corn Honey Mustard Slaw	29 Italian Pasta Bake w/ Whole Wheat Garlic Toast Crispy Chicken Sandwich on Whole Wheat Bun Chicken Fajita Salad w/ Whole Wheat Crackers Seasoned Green Beans Garden Salad	30 Baked Potato w/ Broccoli & Cheese Chicken Nuggets Turkey Chef Salad w/ Whole Wheat Crackers Golden Corn BBQ Baked Beans	

Menus subject to change without notice.

Visit us at www.tulsaschools.org/depts/childnutrition/

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AH SEPTEMBER ELEMENTARY LUNCH Menu 2010-2011