

**TULSA PUBLIC SCHOOLS  
FEBRUARY 2010  
SECONDARY LUNCH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Choices, Deli Bar, Fresh Fruit, Fruit Juice, and Milk are offered daily				
1 Fried Chicken or Double Cheese Burger or Chicken Sandwich or Hoagie Sandwich or Ham & Cheese Wrap or Turkey Chef Salad w/ Whole Wheat Crackers or Burrito w/ Cheese Coleslaw Golden Corn	2 Chicken LoMein w/ Egg Roll or Double Hamburger or Pepperoni Pizza Wrap or Club Sandwich or Turkey & Cheese Wrap or Ham Chef Salad w/ Whole Wheat Crackers or Yogurt Fruit Plate or Nachos or Nachos Supreme Steamed Cauliflower w/ Cheese Seasoned Green Beans	3 Buffalo Chicken Sub or Hot Dogs or Chicken Sandwich or Sub Sandwich or American Wrap or Vegetarian Salad w/ Whole Wheat Crackers or Chicken Fajita French Fries Stir Fried Vegetables	4 Chicken Fried Steak w/ Mashed Potatoes or Hot Ham & Cheese Sandwich or Pizza Pocket or Italian Sub Sandwich or Chicken Nugget Wrap or Crispy Chicken Salad w/ Whole Wheat Crackers or Yogurt Fruit Plate or Taco Salad Mashed Potatoes Garden Salad Hearty Wheat Roll	5 Frito Pie w/ Cowboy Bread or Chicken Sandwich or Double Cheeseburger or Hoagie Sandwich or Ham & Cheese Wrap or Chicken Fajita Salad w/ Whole Wheat Crackers or Beef Soft Taco or Burrito w/ Cheese California Mix w/ Cheese Cowboy Bread
8 Fried Chicken or Double Cheese Burger or Chicken Sandwich or Hoagie Sandwich or Ham & Cheese Wrap or Turkey Chef Salad w/ Whole Wheat Crackers or Burrito w/ Cheese Sweet Potatoes Steamed Mixed Vegetables Hearty Wheat Roll	9 Cheese Bread Sticks w/ Marinara Sauce or Double Hamburger or Pepperoni Pizza Wrap or Club Sandwich or Turkey & Cheese Wrap or Ham Chef Salad w/ Whole Wheat Crackers or Yogurt Fruit Plate or Nacho Supreme or Nachos Steamed Seasoned Cabbage Oven Baked Okra	10 Chicken Fajita Sub or Coney's w/ Chili & Cheese or Chicken Sandwich or Sub Sandwich or American Wrap or Chicken Caesar Salad w/ Whole Wheat Crackers or Chicken Fajitas French Fries Broccoli Florets w/ Cheese Fudge Frenzy Ice Cream Bar	11 Chicken Fried Steak w/ Mashed Potatoes or Hot Ham & Cheese Sandwich or Pizza Pocket or Italian Sub Sandwich or Chicken Nugget Wrap or Crispy Chicken Salad w/ Whole Wheat Crackers or Yogurt Fruit Plate or Taco Salad Mashed Potatoes Seasoned Green Beans Cauliflower/Broccoli/Tomato Salad Hearty Wheat Roll	12 <b>NO SCHOOL PROFESSIONAL DAY</b>
15 <b>NO SCHOOL PRESIDENTS DAY</b>	16 Frito Pie or Double Hamburger or Pepperoni Pizza Wrap or Turkey & Cheese Wrap or Club Sandwich or Ham Chef Salad w/ Whole Wheat Crackers or Nachos or Nacho Supreme French Fries Broccoli Florets w/ Cheese Cowboy Bread	17 Pizza Steak Sub or Chicken Sandwich or Coney's w/ Chili & Cheese or Sub Sandwich or American Wrap or Vegetarian Salad w/ Whole Wheat Crackers or Chicken Fajita w/ Refried Beans Seasoned Mixed Vegetables Wacky Birthday Cake	18 Chicken Fried Steak w/ Mashed Potatoes or Hot Ham & Cheese Sandwich or Pizza Pocket or Italian Sub Sandwich or Chicken Nugget Wrap or Crispy Chicken Salad w/ Whole Wheat Crackers or Yogurt Fruit Plate or Taco Salad Seasoned Green Beans Mashed Potatoes Hearty Wheat Roll	19 Cheeseburger Macaroni or Chicken Sandwich or Double Cheeseburger or Hoagie Sandwich or Ham & Cheese Wrap or Chicken Fajita Salad w/ Whole Wheat Crackers or Beef Soft Tacos or Burrito w/ Cheese Seasoned Corn California Mix w/ Cheese Sweet Potatoes
22 Fish Shapes w/ Cornbread or Double Cheeseburger or Chicken Sandwich or Hoagie Sandwich or Ham & Cheese Wrap or Turkey Chef Salad w/ Whole Wheat Crackers or Burrito w/ Cheese Oven Fried Okra Cole Slaw	23 Chicken Tetrastini w/ Wheat Roll or Double Hamburger or Pepperoni Pizza Wrap or Club Sandwich or Turkey & Cheese Wrap or Ham Chef Salad w/ Whole Wheat Crackers or Yogurt Fruit Plate or Nacho Supreme or Nachos Corn Niblets Broccoli/Cauliflower/Carrot Relish Plate Hearty Wheat Roll	24 Meatball Sub or Cheese Bread Sticks w/ Marinara Sauce or Coney's w/ Chili & Cheese or Chicken Sandwich or Sub Sandwich or American Wrap or Chicken Caesar Salad w/ Whole Wheat Crackers or Chicken Fajitas French Fries Broccoli Florets w/ Cheese Fudge Frenzy Ice Cream Bar	25 Chicken Fried Steak w/ Mashed Potatoes or Hot Ham & Cheese Sandwich or Pizza Pocket or Italian Sub Sandwich or Chicken Nugget Wrap or Crispy Chicken Salad w/ Whole Wheat Crackers or Yogurt Fruit Plate or Taco Salad Mashed Potatoes Cauliflower/Broccoli/Tomato Salad Hearty Wheat Roll	26 Spaghetti w/ Texas Toast or Double Cheeseburger or Chicken Sandwich or Hoagie Sandwich or Ham & Cheese Wrap or Vegetarian Salad w/ Whole Wheat Crackers or Soft Beef Tacos or Burrito w/ Cheese Glazed Baby Carrots Seasoned Green Beans

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