



**TULSA PUBLIC SCHOOLS
SEPTEMBER 2010
SECONDARY LUNCH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Fresh Fruit, Fruit Juice, and Milk are offered daily</p> <p>Deli Bar and Pizza offered daily at High Schools.</p> <p>Middle schools serve pizza only days pizza listed on calendar.</p>	8-31	<p>9-1</p> <p>Chicken & Noodles Grilled Cheese w/ Tomato Soup Cheeseburger (HS only) Club Sandwich on Whole Wheat Hoagie Turkey Chef Salad Cheese or Sausage & Pepperoni Pizza</p> <p>Peas & Carrots Fudge Frenzy Ice Cream Bar</p>	<p>9-2</p> <p>Chicken Teriyaki w/ Confetti Brown Rice Cheese Bread Sticks w/ Marinara Italian Sub Chicken Nugget Wrap Bean & Cheese Burrito w/ Confetti Brown Rice</p> <p>Mexicali Corn Stir Fry Vegetables</p>	<p>9-3</p> <p>Coney w/ Chili & Cheese Cheeseburger Mac Chicken Fajita Sub (HS) Chicken Caesar Salad Veggie Rollup Cheese, Vegetarian or Pepperoni Pizza</p> <p>Honey Mustard Slaw Steamed Broccoli</p>
<p> NO SCHOOL LABOR DAY</p>	<p>7</p> <p>Hot Meatball Sub Fish Shapes Cheeseburger Crispy Chicken Salad Southwest Veggie Wrap</p> <p>French Fries Seasonal Fruit Salad Yogurt</p>	<p>8</p> <p>Italian Baked Pasta w/ Whole Wheat Garlic Toast Chicken Nuggets Hot Ham & Cheese Sandwich (HS) Turkey & Cheese Wrap Ham Chef Salad Cheese Pizza or Sausage & Pepperoni Pizza</p> <p>Garden Salad Seasoned Green Beans</p>	<p>9</p> <p>Tamale Pie BBQ Chicken Sandwich Hot Meatball Sub Vegetarian Sub on Whole Wheat Hoagie Ham & Cheese Wrap</p> <p>Roasted Corn & Tomatoes BBQ Baked Beans</p>	<p>10</p> <p>Spicy Crispy Orange Chicken w/ Confetti Brown Rice Nachos Hamburger (HS) Grilled Chicken Wrap Turkey Chef Salad Cheese Pizza or Sausage & Pepperoni Pizza</p> <p>Festive Black Beans Fajita Vegetables</p>
<p>13</p> <p>Chicken Fried Steak Mac n Cheese w/ Diced Ham Crispy Chicken Sandwich (HS) Club Sandwich on W. W. Hoagie Veggie Rollup Cheese Pizza or Vegetarian Pizza or Pepperoni Pizza</p> <p>Peas & Carrots Green Beans</p>	<p>14</p> <p>Baked Potato w/ Chili & Cheese Chicken Nuggets w/ Confetti Brown Rice Sub Sandwich on W. W. Hoagie Southwest Veggie Wrap Burrito Supreme</p> <p>Golden Corn Steamed Broccoli</p>	<p>15</p> <p>Chicken Tetrizzini Enchilada Casserole Chicken Alfredo Wrap (HS) Chicken Caesar Salad Fruit & Cheese Plate Cheese Pizza or Sausage & Pepperoni Pizza</p> <p>Cauliflower w/ Cheese Sautéed Spinach</p>	<p>16</p> <p>Vegetable Fried Rice w/ Egg Roll Chicken Pot Pie Chicken Fajita Sub American Wrap Ham Chef Salad</p> <p>Broccoli Crunch Warm Apple Crisp</p>	<p>17</p> <p>Hot Buffalo Chicken Sub w/ Honey Mustard Slaw Beef-a-Roni Corn Dog w/ Honey Mustard Slaw Vegetarian Sub on W. W. Hoagie Turkey & Cheese Wrap</p> <p>Green Beans Seasonal Fruit Salad</p>
<p>20</p> <p>Fried Chicken w/ Mashed Potatoes Sloppy Joe Hot Turkey & Cheese on W. W. Bread (HS) Vegetarian Salad Crispy Chicken Wrap Cheese Pizza or Pepperoni Pizza</p> <p>Roasted Corn & Tomatoes Steamed Broccoli</p>	<p>21</p> <p>Nacho Salad Frito Pie Grilled Cheese Sandwich w/ Tomato Soup Turkey Chef Salad Mediterranean Pasta Salad</p> <p>Mexicali Corn Fajita Vegetables</p>	<p>22</p> <p>Cheese Bread Sticks w/ Marinara Tamale Pie w/ Festive Black Beans Crispy Chicken Sandwich (HS) Grilled Chicken Wrap Ham Chef Salad Cheese Pizza or Pepperoni Pizza</p> <p>Garden Salad Peas & Carrots Fudge Frenzy Ice Cream Bar</p>	<p>23</p> <p>Turkey & Gravy w/ Cornbread Dressing Veggie Mac n Cheese Hot Ham & Cheese Sandwich Turkey & Cheese Wrap Chicken Caesar Salad</p> <p>Seasoned Green Beans Glazed Carrots</p>	<p>24</p> <p>Coney w/ Chili & Cheese Fish Shapes Cheeseburger w/ French Fries Italian Sub Sandwich Veggie Rollup Cheese Pizza or Sausage & Pepperoni Pizza</p> <p>Golden Corn Seasonal Fruit Salad French Fries</p>
<p>27</p> <p>Chicken Fried Steak w/ Mashed Potatoes BBQ Chicken on W. W. Bun Hot Turkey & Cheese Sandwich (HS) Ham & Cheese Wrap Fruit & Cheese Plate Cheese Pizza or Pepperoni Pizza</p> <p>Cauliflower w/ Cheese Seasoned Green Beans</p>	<p>28</p> <p>Fish Shapes w/ Confetti Brown Rice Sweet & Sour Chicken American Wrap Vegetarian Salad w/ W. W. Crackers Burrito Supreme</p> <p>Confetti Brown Rice Mexicali Corn</p>	<p>29</p> <p>Italian Baked Pasta Hot Meatball Sub Crispy Chicken Sandwich (HS) Turkey Chef Salad Crispy Chicken Wrap Cheese Pizza or Pepperoni Pizza or Vegetarian Pizza</p> <p>Green Beans Garden Salad</p>	<p>30</p> <p>Baked Potato w/ Broccoli & Cheese Chicken Nuggets Nacho Salad Ham Chef Salad w/ W. W. Crackers Grilled Chicken Wrap</p> <p>Golden Corn BBQ Baked Beans</p>	<p>10-1</p> <p>Southwest Cheeseburger Hot Dog Grilled Cheese w/ Tomato Soup Veggie Rollup Turkey & Cheese Wrap Cheese Pizza or Sausage & Pepperoni Pizza or Vegetarian Pizza</p> <p>French Fries Wacky Cake</p>

Menu subject to change without notice.



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AH Lunch SEPTEMBER Menu 2010-2011