

Tulsa Public Schools - Middle Schools

September 13 - 17, 2021

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Special/Everyday

Crispy Chicken Salad

*Turkey & Cheese Submarine
Ham & Cheese Submarine*



MONDAY	Chicken Bacon Ranch Wrap
TUESDAY	Chicken Bacon Ranch Wrap
WEDNESDAY	Chicken Bacon Ranch Wrap
THURSDAY	Chicken Bacon Ranch Wrap
FRIDAY	Protein Power Box

Daily Special/Everyday

Bean & Cheese Nachos



MONDAY	Chicken Nachos Chicken Tacos
TUESDAY	Beef Nachos Beef Tacos
WEDNESDAY	Enchilada Suiza (V) Chicken Nachos
THURSDAY	Beef Nachos Beef Tacos
FRIDAY	Chicken Nachos Chicken Tacos



Daily Special/Everyday

*Deluxe Cheeseburgers & Traditional
Hamburgers, Chicken Burgers & Spicy Chicken
Burger*

MONDAY	Chicken Tenders Chicken Nuggets
TUESDAY	
WEDNESDAY	Chicken Tenders
THURSDAY	Chicken Nuggets
FRIDAY	Chili Cheese Hot Dog



Daily Special/Everyday

*Pepperoni Pizza
Cheese Pizza (V)*

MONDAY	Buffalo Chicken Pizza
TUESDAY	Personal Pan Sausage Pizza
WEDNESDAY	Supreme Pizza
THURSDAY	Sausage Calzone
FRIDAY	Jalapeño Popper Pizza (V)



This Week's Feature:

LABORDAY
T: Italian Dunkers
W: Chicken Parmesan Pasta
T: Pulled Pork BBQ Sandwich
F: Chicken Tenders and Roll

*To file a complaint of discrimination,
write U.S. Department of Agriculture,
Director, Office of Adjudication and
Compliance, 1400 Independence Ave-
nue, SW, Washington, DC 20250-9410
or call (800) 795-3272 (voice) or (202)
720-6382 (TTY). USDA is an equal
opportunity provider and employer.*



Nutrition Information is available upon request.