

# Tulsa Public Schools

## September 19-23

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.



<b>MONDAY</b>	Asian Meatballs with Lo Mein with Broccoli
<b>TUESDAY</b>	Pancakes with Scrambled Eggs
<b>WEDNESDAY</b>	Chicken Alfredo Mac with Broccoli and Carrots
<b>THURSDAY</b>	Chili and Cornbread with Corn
<b>FRIDAY</b>	Popcorn Chicken Bowl with Mashed Potatoes and Gravy and Green Beans

**V**

### Daily Special

*Hamburger, Cheeseburger, Crispy Chicken Sandwich and Spicy Crispy Chicken Sandwich*



<b>MONDAY</b>	Chicken Tenders and Tots
<b>TUESDAY</b>	Chicken Nuggets and French Fries
<b>WEDNESDAY</b>	Chicken Tenders and Sweet Potato Fries
<b>THURSDAY</b>	Chicken Nuggets and Potato Wedges
<b>FRIDAY</b>	Meatball Sub with Spiral Fries



### One Student Said:

*"The Fiesta Potatoes with Queso on top is awesome"*

<b>MONDAY</b>	Chicken Nachos or Tacos with Refried Beans
<b>TUESDAY</b>	Beef Nachos or Tacos with Fiesta Potatoes
<b>WEDNESDAY</b>	Beef Enchiladas or Chicken Tacos or Nachos with Refried Beans
<b>THURSDAY</b>	Beef Nachos or Tacos with Fiesta Potatoes
<b>FRIDAY</b>	Chicken Nachos and Tacos with Charro Beans



### Daily Special

*Cheese and Pepperoni Pizza*

<b>MONDAY</b>	Sausage Pizza
<b>TUESDAY</b>	Personal Pan Pepperoni Pizza
<b>WEDNESDAY</b>	Pizza of the Month
<b>THURSDAY</b>	Meatlover's Calzones
<b>FRIDAY</b>	Cheeseburger Pizza



### Daily Special

*Ham Sub or Turkey Sub*

<b>MONDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>TUESDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>WEDNESDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>THURSDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>FRIDAY</b>	Chef Salad or Protein Power Box

**V Vegetarian**

**SP Smart Pick**

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

*This institution is an equal opportunity provider.*



Nutrition Information is available upon request.