

Tulsa Public Schools

September 5-9

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.



MONDAY	NO SCHOOL
TUESDAY	NO SCHOOL
WEDNESDAY	Orange Chicken with Steamed Rice & Green Beans
THURSDAY	French Toast Sticks with Scrambled Eggs & Sweet Potato Fries
FRIDAY	Steak Fingers with Hot Roll and Mashed Potatoes

Daily Special
Hamburger, Cheeseburger, Crispy Chicken Sandwich and Spicy Crispy Chicken Sandwich



MONDAY	NO SCHOOL
TUESDAY	NO SCHOOL
WEDNESDAY	Chicken Tenders and Sweet Potato Fries
THURSDAY	Chicken Nuggets and Potato Wedges
FRIDAY	Pizza Burger with Crinkle Cut Fries



One Student Said:
"The Fiesta Potatoes with Queso on top is awesome"

MONDAY	NO SCHOOL
TUESDAY	NO SCHOOL
WEDNESDAY	Beef Enchiladas or Chicken Tacos or Nachos with Refried Beans
THURSDAY	Beef Nachos or Tacos with Fiesta Potatoes
FRIDAY	Chicken Nachos and Tacos with Charro Beans



Daily Special
Cheese and Pepperoni Pizza

MONDAY	NO SCHOOL
TUESDAY	NO SCHOOL
WEDNESDAY	Pizza of the Month
THURSDAY	Meatlover's Calzones
FRIDAY	Cheeseburger Pizza



Daily Special
Ham Sub or Turkey Sub

MONDAY	NO SCHOOL
TUESDAY	NO SCHOOL
WEDNESDAY	Chef Salad or Crispy Chicken Wrap
THURSDAY	Chef Salad or Crispy Chicken Wrap
FRIDAY	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.