

### **TULSAPUBLICSCHOOLS** Week of January 24th

Tons of Variety - Try Something New Every Day

### GRILL

#### **EVERYDAY SELECTIONS** Hamburger, Cheeseburger, Crispy Chicken, Spicy Chicken,



M:

T:

- Bacon Swiss Chicken Sandwich Western Burger
- W: Chicken Cordon Bleu Sandwich
- Th: Hotdog with Jalapeno Olive Relish

TOPPINGS: Cheddar Cheese, Pepper Jack Cheese, Shredded Lettuce, Sliced Tomatoes, Sliced Red Onions, Jalapeños, Pickles

### PIZZA

Veggie Burger

#### **EVERYDAY SELECTIONS**

Cheese Pizza, Mozzarella Stuffed Breadstick with Marinara M/W/F: Pepperoni Pizza T: Sausage Th: Hawaiian



M: Blazin' Hot Buffalo Chicken Pizza WORLD OF HELLO H E A T Chorizo Sausage Pizza T:

W: Jalapeño Lime Chicken Pizza Th: Jerk Chicken Pizza

### **FAST TAKES**

#### **DAILY SPECIALS**

- M: Chef Salad
- T: Chicken Caesar Salad
- W: Crispy Chicken Salad
- Buffalo Chicken Salad Th:
- F: Chicken Caesar Salad



M: Blazin' Hot Buffalo Chicken Sub/Salad W: Jalapeño Lime Chicken Wrap/Salad Spicy Muffaletta Sub/Salad

Th: Jerk Chicken Wrap/Salad

### DFII



WORLD OF

HELLO H E A T

**EVERYDAY SELECTIONS** Custom Subs with a Variety of Meats, Cheeses, Fresh Baked Breads, Premium Sauces and Toppings

M: Blazin' Hot Buffalo Chicken Sub Spicy Muffaletta Sub T:

W: Buffalo Chicken Sandwich

Jerk Chicken Sandwich

W: Jalapeño Lime Chicken Wrap

Th: BBQ Chicken Sandwich

Th: Jerk Chicken Wrap

M:

T:

F:

- Crispy Chicken Sandwich Chicken Salad Sandwich

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

# **MEXICO**

### **EVERYDAY SELECTIONS**

Make every day a fiesta of flavor and fun! Choose your filling, then build your Mexican favorite just the way you like. Burritos, salads, nachos and tacos available daily.



This institution is an equal opportunity provider. Additional nutrition information available upon request.

# **KICK IT UP A NOTCH**

by adding one of our specialty sauces or spices to your meal! This month's spices are T4 Signature and Chipotle Cinnamon Seasonings.

#### Creamy Sriracha Sauce A spicy cayenne pepper sauce with special seasonings

Chipotle Lime Sauce Mayonnaise blended with chipotle and adobo sauces, fresh cilantro, lime juice, honey, garlic and yellow mustard.



Jerk Chicken

Sandwich

#### GRILL A Fair Favorite Corndog

PIZZA

FAST TAKES Fruit and Yogurt Parfait

Mac n Cheese Pizza

**ADVENTURE** 

**Tater Temptations** 

DELI

**ADVENTURE** 

Enjoy this week's features

Monday-Thursday in Adventure!

YOU SAY POTATO, WE SAY DELICIOUS! CREATE YOUR OWN PERFECT COMFORT FOOD BY STARTING WITH A HEARTY BAKED POTATO OR

TATER TOTS, THEN CUSTOMIZING TO YOUR LIKING. NEED SOME HELP

DECIDING? TRY ONE OF OUR SUGGESTED COMBINATIONS.



**EXTRAS** 

