

TULSAPUBLICSCHOOLS

Week of May 2-6

Tons of Variety - Try Something New Every Day.

GRILL

EVERYDAY SELECTIONS

Hamburger, Cheeseburger, Crispy Chicken, Spicy Chicken, Veggie Burger



BBQ Chicken Sandwich

Philly Cheesesteak Hoagie

W: Bacon Swiss Burger

Th: Grilled Ham & Cheese Sandwich

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

PIZZA

EVERYDAY SELECTIONS

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





M: Blazin' Hot Buffalo Chicken Pizza

T: Chorizo Sausage Pizza

W: Jalapeño Lime Chicken Pizza

Th: Jerk Chicken Pizza

FAST TAKES

DAILY SPECIALS

M: Chef Salad

Fruit & Yogurt Parfait

T: Chicken Caesar Salad

Fruit & Yogurt Parfait

W: Crispy Chicken Salad

Fruit & Yogurt Parfait

Th: Buffalo Chicken Salad

Fruit & Yogurt Parfait

Ham & Turkey Subs offered Daily





Spicy Muffaletta Sub/Salad

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

Th: Jerk Chicken Wrap/Salad



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

- M: Crispy Chicken Sub or Wrap
- T: Chicken Salad Sub or Wrap
- W: Buffalo Chicken Sub of Wrap
- Th: BBQ Chicken Sub or Wrap
- Buffalo Chicken Sub or Wrap

W: Jalapeño Lime Chicken Wrap Th: Jerk Chicken Wrap

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.



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.





Enjoy this weeks features Monday-Thursday in Adventure!

From enchiladas to tamales and tacos al pastor, you've got lots of options to make your Mexican teast exactly what you want. Lunches served platter-style.





ADVENTURE

Popcorn Chicken

DELI Buffalo Chicken Wrap

PIZZA

Meatlovers Pizza

GRILL Bacon Cheeseburger

FAST TAKES Fiesta Salad Fruit & Yogurt Parfait



EXTRAS



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.



TULSAPUBLICSCHOOLS Week of May 9-13

Tons of Variety - Try Something New Every Day.

GRILL

EVERYDAY SELECTIONS

Hamburger, Cheeseburger, Crispy Chicken, Spicy Chicken, Veggie Burger



- Chicken Cordon Bleu Sandwich
- Mushroom Swiss Burger
- W: Buffalo Chicken Sandwich
- Th: Chili Cheese Hot Dog

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

PIZZA

EVERYDAY SELECTIONS

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





- M: Blazin' Hot Buffalo Chicken Pizza
- Chorizo Sausage Pizza

W: Jalapeño Lime Chicken Pizza

Th: Jerk Chicken Pizza

FAST TAKES

DAILY SPECIALS

M: Chef Salad

Fruit & Yogurt Parfait

T: Chicken Caesar Salad

Fruit & Yogurt Parfait

W: Crispy Chicken Salad

Fruit & Yogurt Parfait

Th: Buffalo Chicken Salad

Fruit & Yogurt Parfait

Ham & Turkey Subs offered Daily





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

Th: Jerk Chicken Wrap/Salad



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

- M: Crispy Chicken Sub or Wrap
- Chicken Salad Sub or Wrap T:
- W: Buffalo Chicken Sub of Wrap
- Th: BBQ Chicken Sub or Wrap
- Buffalo Chicken Sub or Wrap
- W: Jalapeño Lime Chicken Wrap
- Th: Jerk Chicken Wrap

ADVENTURE



Enjoy this week's features Monday-Thursday in Adventure!

All your favorites! Whether your chicken takes center stage as crispy tenders or nuggets, gets spiced up for boneless wings or tops a toasted waffle, we guarantee you'll go crazy for it.



ADVENTURE

Strutters

DELI **Buffalo Chicken** PIZZA

Chicken Bacon Ranch Pizza

GRILL Pizza Burger

FAST TAKES Fiesta Salad Fruit & Yogurt Parfait



EXTRAS



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.



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.



This institution is an equal opportunity provider. Additional nutrition information available upon request. Menu is subject to change due to product availability.



TULSAPUBLICSCHOOLS Week of May 16-20

Tons of Variety - Try Something New Every Day.

GRILL

EVERYDAY SELECTIONS

Hamburger, Cheeseburger, Crispy Chicken, Spicy Chicken, Veggie Burger



M: Chicken Parmesan Sandwich

Bacon Cheeseburger

W: Italian Meatball Sub

Th: Grilled Cheese

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

PIZZA

EVERYDAY SELECTIONS

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





M: Blazin' Hot Buffalo Chicken Pizza

Chorizo Sausage Pizza

W: Jalapeño Lime Chicken Pizza

Th: Jerk Chicken Pizza

FAST TAKES

DAILY SPECIALS

M: Chef Salad

Fruit & Yogurt Parfait

T: Chicken Caesar Salad

Fruit & Yogurt Parfait

W: Crispy Chicken Salad

Fruit & Yogurt Parfait

Th: Buffalo Chicken Salad

Fruit & Yogurt Parfait

Ham & Turkey Subs offered Daily





Spicy Muffaletta Sub/Salad

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

Th: Jerk Chicken Wrap/Salad



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

- M: Crispy Chicken Sub or Wrap
- T: Chicken Salad Sub or Wrap
- W: Buffalo Chicken Sub of Wrap
- Th: BBQ Chicken Sub or Wrap Buffalo Chicken Sub or Wrap

Th: Jerk Chicken Wrap

W: Jalapeño Lime Chicken Wrap

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.



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.





Enjoy this week's features Monday-Thursday in Adventure!

GEAR UP TO TAKE IT TO BEALE STREET FOR SOME TASTY BBQ. FROM OUR NACHOS TO OUR TOTCHOS AND CLASSIC SANDWICHES, THIS LUNCHTIME EXPERIENCE IS BIG, BOLD AND DOWNRIGHT DELICIOUS.





ADVENTURE Frito Chili Pie

DELI Buffalo Chicken PIZZA Supreme

GRILL

FAST TAKES Fiesta Salad Fruit & Yogurt Parfait



EXTRAS



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.



TULSAPUBLICSCHOOLS Week of May 23-27

Tons of Variety - Try Something New Every Day.

GRILL

EVERYDAY SELECTIONS

Hamburger, Cheeseburger, Crispy Chicken, Spicy Chicken, Veggie Burger



Bacon Swiss Chicken Sandwich

Western Burger

W: Chicken Cordon Bleu

Th: Hot Dog

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

PIZZA

EVERYDAY SELECTIONS

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





M: Blazin' Hot Buffalo Chicken Pizza

T: Chorizo Sausage Pizza

W: Jalapeño Lime Chicken Pizza

Th: Jerk Chicken Pizza

FAST TAKES

DAILY SPECIALS

M: Chef Salad

Fruit & Yogurt Parfait

T: Chicken Caesar Salad

Fruit & Yogurt Parfait

W: Crispy Chicken Salad

Fruit & Yogurt Parfait

Th: Buffalo Chicken Salad

Fruit & Yogurt Parfait

F: Ham & Turkey Subs offered Daily





Spicy Muffaletta Sub/Salad

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

Th: Jerk Chicken Wrap/Salad



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

- M: Crispy Chicken Sub or Wrap
- T: Chicken Salad Sub or Wrap
- W: Buffalo Chicken Sub of Wrap
- Th: BBQ Chicken Sub or Wrap Buffalo Chicken Sub or Wrap

Th: Jerk Chicken Wrap

W: Jalapeño Lime Chicken Wrap

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.



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.



Enjoy this week's features Monday-Thursday in Adventure!

Prepare for an original Italian experience in which the "pasta-bilities" are endless! Make your perfect bowl, topped with your choice of mix-ins, sauces and more.



ADVENTURE



ADVENTURE Mac & Cheese

DELI Buffalo Chicken PIZZA Garden Alfredo

GRILL Corn Dog

FAST TAKES Fiesta Salad Fruit & Yogurt Parfait



EXTRAS





This institution is an equal opportunity provider. Additional nutrition information available upon request. ? Wg [eegT\Wf fa UZS` YVWgWfa bchVgUf ShS[/ST]/[flkz