

TULSAPUBLICSCHOOLS Week of January 10th

Tons of Variety - Try Something New Every Day

GRILL

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

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Chicken Cordon Bleu Sandwich M: Mushroom Swiss Burger Buffalo Chicken Sandwich W:

Th: Chili Dog

T:

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 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:

Crispy Chicken Sandwich

Chicken Salad Sandwich

W: Buffalo Chicken Sandwich

Jerk Chicken Sandwich

W: Jalapeño Lime Chicken Wrap

Th: BBQ Chicken Sandwich

Th: Jerk Chicken Wrap

M:

T:

F:

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.



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

ADVENTURE



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

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



DELI Jerk Chicken Sandwich

PIZZA Chicken Bacon Ranch Pizza

GRILL Pizza Burger

FAST TAKES Fruit and Yogurt Parfait

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.