

TULSA PUBLIC SCHOOLS MIDDLE SCHOOLS

Jan 3 - 7

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

TUESDAY Pancakes with Scrambled Eggs

WEDNESDAY Chicken Alfredo Mac with Broccoli and Carrots

THURSDAY Chili and Cornbread with Corn

FRIDAY Popcorn Chicken Bowl with Mashed Potatoes and Gravy and Green Beans



MONDAY

TUESDAY Chicken Nuggets and French Fries

WEDNESDAY Chicken Tenders and Sweet Potato Fries

THURSDAY Chicken Nuggets and Potato Wedges

FRIDAY Meatball Sub with Spiral Fries



Daily Special

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



One Student Said:

"The Fiesta Potatoes with Queso on top is awesome"

MONDAY

TUESDAY Beef Nachos or Tacos with Fiesta Potatoes

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

TUESDAY Personal Pan Pepperoni Pizza

WEDNESDAY Pizza of the Month

THURSDAY Meatlover's Calzones

FRIDAY Cheeseburger Pizza

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.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.