

THIS WEEK'S WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF AMERICAN REGIONAL.



## 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.

## FAST TAKES

**IN A HURRY,  
NO WORRY!**

### OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese, Ham and Cheese, Italian or Hummus



Fresh Baked Bread Offered Daily with Salad



### CHECK THIS OUT!

Chilly Philly salad or sub on a freshly baked roasted garlic roll layered with sliced turkey, roasted peppers and onions and shredded mozzarella cheese.

## DELI

### EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

### Toppings

Shredded Lettuce  
Sliced Tomatoes  
Sliced Red Onion  
Jalapeños  
Pickles

### OTHER DAILY OPTIONS

Hummus



### TRY THIS ONE!

Chilly Philly salad or sub on a freshly baked roasted garlic roll layered with sliced turkey, roasted peppers and onions and shredded mozzarella cheese.



## GRILL

### EVERYDAY SELECTIONS

Classic Hamburger  
Crispy Chicken Sandwich

### Toppings

Sliced Cheddar Cheese  
Sliced Pepper Jack Cheese  
Shredded Lettuce  
Sliced Tomatoes  
Sliced Red Onion  
Jalapeños  
Pickles

**Monday** Corn Dog

**Tuesday** Rib-B-Que

**Wednesday** Toasted Cheese Sandwich

**Thursday** Hot Dog

**Friday** Chicken Tender Sandwich

Offered with Veggie Sticks or French Fries

## PIZZA

### EVERYDAY SELECTIONS

Cheese Pizza  
M/W/F: Pepperoni, Tu: Sausage, Th: Hawaiian

Offered with Toasted Garlic Caesar Salad

### DAILY PASTA OPTIONS

Alfredo Mac and Cheese



Fresh Baked Bread Offered Daily with Pasta



### SHAKE IT UP!

Chilly Philly pizza topped with turkey, roasted peppers and onions and mozzarella cheese; finished with scallions.

## This week in GLOBAL



**Choice of:** Lo Mein Noodles, Steamed Brown Rice or Oven Fried Brown Rice

### EVERYDAY SELECTIONS

Sweet & Sour Chicken

**Monday** Teriyaki Beef

**Tuesday** General Tso Chicken

**Wednesday** Spicy Orange Chicken

**Thursday** Teriyaki BBQ

**Friday** Creamy Sriracha Chicken

**Choice of Side:** Sesame Roasted Carrots or Roasted Broccoli

## KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

### Buffalo Ranch Sauce

Buttermilk ranch dressing blended with cayenne pepper sauce.

### Banana Pepper Sauce

A spicy mixture of sliced banana peppers and cayenne pepper sauce blended with buttermilk ranch dressing.

### Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

### Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.

## This week in ADVENTURE



### Crispy Chicken Tenders

Served with Garlic Knots and your choice of French Fries or Carrot and Celery Sticks

### Sauce Choices

**Monday** Classic BBQ, Sriracha Ranch or Maple Mustard

**Tuesday** Buffalo, Tangy Orange or Asian Sweet Chili

**Wednesday** Classic BBQ, Sriracha Ranch or Maple Mustard

**Thursday** Buffalo, Tangy Orange or Asian Sweet Chili

**Friday** Classic BBQ, Sriracha Ranch or Maple Mustard

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

OCTOBER 21-25

TULSA PUBLIC SCHOOLS