

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^(8g), Chicken Caesar Wrap^(34g), Turkey and Cheese^(30g), Ham and Cheese^(30g), Italian^(30g) or Hummus^(64g)



Fresh Baked Bread Offered Daily with Salad



CHECK THIS OUT!

Southwest BBQ chicken salad or sub^(43g) on a freshly baked roasted garlic roll layered with cheddar cheese, crispy peppers and onions.

DELI

EVERYDAY SELECTIONS

Custom Subs^(29g) with a Variety of Cheeses^(5g), Fresh Baked Breads^(29g) and Premium Sauces

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

OTHER DAILY OPTIONS

Hummus^(14g)



TRY THIS ONE!

Southwest BBQ chicken salad or sub on a freshly baked roasted garlic roll layered with cheddar cheese, crispy peppers and onions.

GRILL

EVERYDAY SELECTIONS

Classic Hamburger^(28g)
Crispy Chicken Sandwich^(41g)

Toppings

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

Monday Corn Dog^(30g)

Tuesday Rib-B-Que^(37g)

Wednesday Toasted Cheese Sandwich^(30g)

Thursday Hot Dog^(30g)

Friday Chicken Tender Sandwich^(37g)

Offered with Veggie Sticks or French Fries

PIZZA

EVERYDAY SELECTIONS

Cheese Pizza
M/W/F: Pepperoni^(47g), Tu: Sausage^(48g), Th: Hawaiian^(51g)

Offered with Toasted Garlic Caesar Salad

DAILY PASTA OPTIONS

Cheddar Mac and Cheese^(30g)



Fresh Baked Bread Offered Daily with Pasta



SHAKE IT UP!

Southwest BBQ chicken pizza^(52g) layered with roasted peppers, onions, diced tomatoes, fresh scallions and a smoky BBQ sauce.

This week in GLOBAL



CHOOSE YOUR PASTA

Whole Grain or White Grain Penne Pasta^(52g) or Spaghetti Pasta^(52g)

TOP IT OFF

Tuscan Vegetable Blend^(21g), Beef Meatballs^(4g) or Roasted Chicken^(1g)

SAUCE IT UP!

Alfredo^(5g) or Marinara^(6g) Sauce

SERVED WITH BROCCOLI^(5g) AND A BREADSTICK^(14g)

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



PICK ONE!

Crispy Chicken Tenders^(16g)
or
Herb Roasted Chicken^(2g)

ADD ONE!

Freshly Baked Biscuit^(28g)
or
Toasted Waffle^(28g)

CHOOSE ONE!

Mashed Potatoes and Gravy^(20g)
Tater Tot Hash^(17g)
or
Roasted Green Beans^(5g)

NOVEMBER 4-8

TULSA PUBLIC SCHOOLS HIGH SCHOOLS

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