

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



**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 32g, Turkey and Cheese 29g , Ham and Cheese 29g, Italian 30g or Hummus 63g



Fresh Baked Bread Offered Daily with Salad



**CHECK THIS OUT!**

Chicken bruschetta salad 15g or sub 36g on a spicy Italian roll with chicken bruschetta and an Italian vegetable salad.

**DELI**

**EVERYDAY SELECTIONS**

Custom Subs 30g 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!**

Chicken bruschetta salad 15g or sub 36g on a spicy Italian roll with chicken bruschetta and an Italian vegetable salad.

**GRILL**

**EVERYDAY SELECTIONS**

Classic Hamburger 28g  
Crispy Chicken Sandwich 42g

**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 17-18g

**PIZZA**

**EVERYDAY SELECTIONS**

Cheese Pizza  
M/W/F: Pepperoni 49g, Tu: Sausage 49g, Th: Hawaiian 52g

Offered with Toasted Garlic Caesar Salad 7g

**DAILY PASTA OPTIONS**

Spaghetti & Meat Sauce 51g



Fresh Baked Bread Offered Daily with Pasta



**SHAKE IT UP!**

Chicken bruschetta-style pizza layered with roasted chicken, shredded mozzarella, freshly made bruschetta and a creamy Italian sauce. 49g

This week in **GLOBAL**



**Choice of:** Lo Mein Noodles 73g, Steamed Brown Rice 60g or Oven Fried Brown Rice 70g

**EVERYDAY SELECTIONS**

Sweet & Sour Chicken 39g

**Monday** Teriyaki Beef 32g

**Tuesday** General Tso Chicken 42g

**Wednesday** Spicy Orange Chicken 35g

**Thursday** Teriyaki BBQ 30g

**Friday** Creamy Sriracha Chicken 34g

**Choice of Side:** Sesame Roasted Carrots 11g or Roasted Broccoli 15g

**KICK IT UP A NOTCH**

By adding one of our World of Flavor specialty sauces.

**Pesto Ranch Sauce**

Basil Pesto sauce and ranch dressing, blended until smooth.

**Spicy Italian Sauce**

A blend of Italian salad dressing and grated Parmesan cheese with spicy crushed red pepper and Greek Yogurt.

**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**



**EVERYDAY**

Steak Fingers offered with Whipped Potatoes & Gravy, Mixed Vegetables & Garlic Knot

**Monday** Personal Chicken Pot Pie

**Tuesday** Chicken Fried Chicken

**Wednesday** Turkey Gravy

**Thursday** Popcorn Chicken

**Friday** Chili con Carne with Cornbread

JANUARY 6-10

TULSA PUBLIC SCHOOLS- HIGH SCHOOL