

# Tulsa Public Schools - Middle Schools

## September 13 - 17, 2021

Our menus are aligned with the USDA's 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.

### Daily Special/Everyday

*Crispy Chicken Salad*

*Turkey & Cheese Submarine  
Ham & Cheese Submarine*



- MONDAY** Chicken Bacon Ranch Wrap
- TUESDAY** Chicken Bacon Ranch Wrap
- WEDNESDAY** Chicken Bacon Ranch Wrap
- THURSDAY** Chicken Bacon Ranch Wrap
- FRIDAY** Protein Power Box

### Daily Special/Everyday

**V**

*Bean & Cheese Nachos*



- MONDAY** Chicken Nachos  
Chicken Tacos
- TUESDAY** Beef Nachos  
Beef Tacos
- WEDNESDAY** Enchilada Suiza (V)  
Chicken Nachos
- THURSDAY** Beef Nachos  
Beef Tacos
- FRIDAY** Chicken Nachos  
Chicken Tacos



### Daily Special/Everyday

*Deluxe Cheeseburgers & Traditional Hamburgers, Chicken Burgers & Spicy Chicken Burger*

- MONDAY** Chicken Tenders  
Chicken Nuggets
- TUESDAY** Chicken Nuggets
- WEDNESDAY** Chicken Tenders
- THURSDAY** Chicken Nuggets
- FRIDAY** Chili Cheese Hot Dog



### Daily Special/Everyday

*Pepperoni Pizza*

*Cheese Pizza (V)*

- MONDAY** Buffalo Chicken Pizza
- TUESDAY** Personal Pan Sausage Pizza
- WEDNESDAY** Supreme Pizza
- THURSDAY** Sausage Calzone
- FRIDAY** Jalapeño Popper Pizza (V)



### This Week's Feature:

- LABORDAY**
- T:** Italian Dunkers
- W:** Chicken Parmesan Pasta
- T:** Pulled Pork BBQ Sandwich
- F:** Chicken Tenders and Roll

*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.*

Nutrition Information is available upon request.

