

Tulsa Public Schools - Middle Schools

September 27 - October 01,

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.

Daily Special/Everyday

Crispy Chicken Salad

*Turkey & Cheese Sub
Ham & Cheese Sub*



MONDAY	Crispy Chicken Wrap
TUESDAY	Crispy Chicken Wrap
WEDNESDAY	Crispy Chicken Wrap
THURSDAY	Crispy Chicken Wrap
FRIDAY	Protein Power Box

Daily Special/Everyday

Bean & Cheese Nachos



MONDAY	Chicken Nachos Chicken Tacos
TUESDAY	Beef nachos Beef Tacos
WEDNESDAY	Chicken Nachos Enchilada Suiza
THURSDAY	Beef Nachos Beef Tacos
FRIDAY	Chicken Nachos Chicken Tacos



Daily Special/Everyday

Deluxe Cheeseburger & Traditional Hamburger

Chicken Burger & Spicy Chicken Burger

MONDAY	Chicken Tenders
TUESDAY	Chicken Nuggets
WEDNESDAY	Chicken Tenders
THURSDAY	Chicken Nuggets
FRIDAY	Bacon Cheeseburger



Pepperoni Pizza

Cheese Pizza (V)

MONDAY	Buffalo Chicken Pizza
TUESDAY	Personal Pan Pepperoni
WEDNESDAY	Pizza of the Month Feature
THURSDAY	Sausage Calzone
FRIDAY	Jalapeño Popper Pizza



This Week's Feature:

Walking Nachos
T: Teriyaki Pork with Steamed Rice
W: Italian Dunkers
TH: Spaghetti and Meatballs
F: Chicken Fried Steak with 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.