

# Tulsa Public Schools - Middle Schools

September 20 - 24, 2021

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 Chef Salad

*Turkey & Cheese Submarine  
Ham & Cheese Submarine*



<b>MONDAY</b>	Crispy Chicken Wrap
<b>TUESDAY</b>	Crispy Chicken Wrap
<b>WEDNESDAY</b>	Crispy Chicken Wrap
<b>THURSDAY</b>	Crispy Chicken Wrap
<b>FRIDAY</b>	Protein Power Box

## Daily Special/Everyday Bean & Cheese Nachos



<b>MONDAY</b>	Chicken Nachos Chicken Tacos
<b>TUESDAY</b>	Beef Nachos Beef Taco
<b>WEDNESDAY</b>	Chicken Nachos Beef Enchilada
<b>THURSDAY</b>	Beef Nachos Beef Tacos
<b>FRIDAY</b>	Chicken Nachos Chicken Tacos



## Daily Special/Everyday Deluxe Cheeseburger

*Chicken Burger  
Spicy Chicken Burger*

<b>MONDAY</b>	Chicken Tenders
<b>TUESDAY</b>	Chicken Nuggets
<b>WEDNESDAY</b>	Chicken Tenders
<b>THURSDAY</b>	Chicken Nuggets
<b>FRIDAY</b>	Meatball Sub



*Pepperoni Pizza  
Cheese Pizza*

<b>MONDAY</b>	Sausage Pizza
<b>TUESDAY</b>	Personal Pan Pepperoni Pizza
<b>WEDNESDAY</b>	Pizza of the Month Feature
<b>THURSDAY</b>	Meatlover's Calzone
<b>FRIDAY</b>	Cheeseburger Pizza



## This Week's Feature:

Asian Meatballs with Loan Mein  
Breakfast for Lunch  
Chicken Alfredo Mac  
Chili and Cornbread  
Popcorn Chicken Bowl

*To file a complaint of discrimination,  
write U.S. Department of Agriculture,  
Director, Office of Adjudication and  
Compliance, 1400 Independence Ave-  
nue, SW, Washington, DC 20250-9410  
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720-6382 (TTY). USDA is an equal  
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Nutrition Information is available upon request.