

Tulsa Public Schools - Middle Schools

September 06 - 10, 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 Chef 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

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- MONDAY** Chicken Nachos
Chicken Tacos
- TUESDAY** Beef nachos
Beef Tacos
- WEDNESDAY** Chicken Nachos
Beef Enchiladas
- 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** Pizza Burger



Daily Special/Everyday *Pepperoni Pizza* *Cheese Pizza(V)*

- MONDAY** Sausage Pizza
- TUESDAY** Personal Pan Pepperoni
- WEDNESDAY** Pizza of the Month Feature
- THURSDAY** Meatlover's Calzone
- FRIDAY** Cheeseburger Pizza



This Week's Feature:

- LABOR DAY**
- T:** Chicken Pot Pie
- W:** Orange Chicken with Steamed Rice
- TH:** Breakfast for Lunch
- F:** Steak Finger with Fresh 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.

