

TULSA PUBLIC SCHOOLS

MIDDLE SCHOOLS

October 18th to 22nd

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



MONDAY	Chicken Nachos
TUESDAY	Tacos with Fiesta Potatoes
WEDNESDAY	Chicken Enchiladas
THURSDAY	Tacos with Fiesta Potatoes
FRIDAY	Chicken Nachos

V Vegetarian
SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.



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.



MONDAY	Chicken Tenders and Tots
TUESDAY	Chicken Nuggets and Curly Fries
WEDNESDAY	Chicken Tenders and Sweet Potato Fries
THURSDAY	Chicken Nuggets and Potato Wedges
FRIDAY	Chili Dog with French Fries



Daily Special:
Cheese Pizza(V)

MONDAY	Buffalo Chicken Pizza
TUESDAY	Personal Pan Sausage Pizza
WEDNESDAY	Supreme Pizza
THURSDAY	Sausage Calzones
FRIDAY	Jalapeno Popper Pizza

This institution is an equal opportunity provider.

