

TULSA PUBLIC SCHOOLS

MIDDLE SCHOOLS

October 11th to 15th

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



One Student Said:

"The Fiesta Potatoes with Queso on top is awesome"

MONDAY	Tacos with Refried Beans (V)
TUESDAY	Beef Nachos
WEDNESDAY	Tacos or Nachos with Refried Beans (V)
THURSDAY	Beef Nachos
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	Spicy Chicken Sandwich and Tots
TUESDAY	Chicken Nuggets and French Fries
WEDNESDAY	Chicken Sandwich and Sweet Potato Fries
THURSDAY	Chicken Nuggets and Potato Wedges
FRIDAY	Cheeseburger with French Fries



Daily Special
Cheese Pizza(V)

MONDAY	Sausage Pizza
TUESDAY	Personal Pan Pepperoni Pizza
WEDNESDAY	Pizza of the Month
THURSDAY	Meatlover's Calzones
FRIDAY	Cheeseburger Pizza

This institution is an equal opportunity provider.