

TULSA PUBLIC SCHOOLS

Middle Schools

October 4th to 8th

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	Chicken Nachos
TUESDAY	Tacos with Fiesta Potatoes
WEDNESDAY	Beef 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.



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 French Fries
WEDNESDAY	Chicken Tenders and Sweet Potato Fried
THURSDAY	Chicken Nuggets and Potato Wedges
FRIDAY	Rib-b-que Sandwich with Spiral Fries



Daily Special
Cheese Pizza(V)

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

This institution is an equal opportunity provider.