

# TULSA PUBLIC SCHOOLS

## MIDDLE SCHOOLS

October 25th to 29th

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
- TUESDAY** Beef Nachos
- WEDNESDAY** Beef Tacos
- 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.

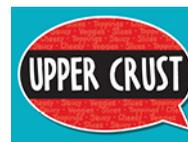


**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

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** Tradicional Hamburger and Tots
- TUESDAY** Chicken Nuggets and French Fries
- WEDNESDAY** Spicy Chicken Sandwich and Sweet Potato Fries
- THURSDAY** Chicken Nuggets and Potato Wedges
- FRIDAY** Meatball Sub with Spiral Fries



**Daily Special**  
 Cheese Pizza(V)

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

*This institution is an equal opportunity provider.*

