

TULSA PUBLIC SCHOOLS

MIDDLE SCHOOLS

November

Week of 29to

December 03

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



MONDAY	Chicken Tacos
TUESDAY	Beef Nachos
WEDNESDAY	Beef Enchilada
THURSDAY	Beef Nachos
FRIDAY	Chicken Tacos

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 Burger and Tots
TUESDAY	Chicken Tenders and French Fries
WEDNESDAY	Spicy Chicken Burger and Sweet Potato Fries
THURSDAY	Chicken Nuggets and Potato Wedges
FRIDAY	Meatball Sub with Spiral Fries



Daily Special
Pepperoni Pizza
Cheese Pizza(V)

MONDAY	Italian Sausage Pizza
TUESDAY	Personal Pan Pepperoni
WEDNESDAY	Jalapeño Popper Pizza
THURSDAY	Mini Meatlover's Calzones
FRIDAY	Cheeseburger Pizza

*This institution is an equal
opportunity provider.*

