

# TULSA PUBLIC SCHOOLS MIDDLE SCHOOLS

## December 6-10

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



**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.



<b>MONDAY</b>	Chicken Tenders and Tots
<b>TUESDAY</b>	Chicken Nuggets and Curly Fries
<b>WEDNESDAY</b>	Chicken Tenders and Sweet Potato Fries
<b>THURSDAY</b>	Chicken Nuggets and Potato Wedges
<b>FRIDAY</b>	Bacon Cheeseburger with French Fries



**One Student Said:**

*"The Fiesta Potatoes with Queso on top is awesome"*

<b>MONDAY</b>	Chicken Nachos
<b>TUESDAY</b>	Tacos with Fiesta Potatoes <b>V</b>
<b>WEDNESDAY</b>	Chicken Enchiladas
<b>THURSDAY</b>	Tacos with Fiesta Potatoes
<b>FRIDAY</b>	Chicken Nachos and Tacos with Charro Beans



**Daily Special**

**Cheese and Pepperoni Pizza**  
**V**

<b>MONDAY</b>	Buffalo Chicken Pizza
<b>TUESDAY</b>	Personal Pan Sausage Pizza
<b>WEDNESDAY</b>	Supreme Pizza
<b>THURSDAY</b>	Sausage Calzones
<b>FRIDAY</b>	Jalapeno Popper Pizza

**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.

Menu is subject to change based on product availability

*To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.*

Revised: 11/02/2021

Nutrition Information is available upon request.

