

TULSA PUBLIC SCHOOL

MIDDLE SCHOOLS

December 13-17

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 Enchiladas
THURSDAY	Beef Nachos
FRIDAY	Chicken Nachos and Tacos with Charro Beans

Menu is subject to change due to 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.



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



Daily Special

Cheese and Pepperoni Pizza

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