

TULSA PUBLIC SCHOOLS MIDDLE SCHOOLS

January 24-28

Our menus are aligned with the USDA's 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.



- MONDAY** Spaghetti and Meatballs with Steamed Mixed Veggies
- TUESDAY** Chicken Pot Pie with a Fall Veggie Medley
- WEDNESDAY** Orange Chicken with Steamed Rice
- THURSDAY** French Toast Sticks with Scrambled Eggs
- FRIDAY** Steak Fingers with Hot Roll and Mashed Potatoes



Daily Special

Hamburger, Cheeseburger, Crispy Chicken Sandwich and Spicy Crispy Chicken Sandwich

- 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** Pizza Burger with French Fries



One Student Said:

"The Fiesta Potatoes with Queso on top is awesome"

- MONDAY** Chicken Nachos or Tacos with Refried Beans
- TUESDAY** Beef Nachos or Tacos with Fiesta Potatoes
- WEDNESDAY** Beef Enchiladas or Chicken Tacos or Nachos with Refried Beans
- THURSDAY** Beef Nachos or Tacos with Fiesta Potatoes
- FRIDAY** Chicken Nachos and Tacos with Charro Beans



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.

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.

