

TULSA PUBLIC SCHOOLS MIDDLE SCHOOLS

January 17-21

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.



MONDAY	Cheese Ravioli with Meat Sauce and Green Beans
TUESDAY	Chicken Tender with Dinner Roll and Glazed Carrots
WEDNESDAY	Sweet and Sour Chicken with Lo Mein and Broccoli
THURSDAY	Beef Totchos with Aztec Corn
FRIDAY	Chicken Tenders with Mashed Potatoes and Gravy and Mixed Vegetables

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	Rib-b-que Sandwich with Spiral 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.