

# TULSA PUBLIC SCHOOLS

## MIDDLE SCHOOLS

January 10-14

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>	Walking Nachos with Aztec Corn
<b>TUESDAY</b>	Teriyaki Pork With Steamed Rice and Sesame Carrots
<b>WEDNESDAY</b>	Italian Dunkers with Steamed Mixed Veggies <b>V</b>
<b>THURSDAY</b>	Spaghetti and Meatballs
<b>FRIDAY</b>	Steak Fingers with Mashed Potatoes and Gravy with Green Beans

**Daily Special**  
*Hamburger, Cheeseburger, Crispy Chicken Sandwich and Spicy Crispy Chicken Sandwich*



<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 or Tacos with Refried Beans
<b>TUESDAY</b>	Beef Nachos or Tacos with Fiesta Potatoes
<b>WEDNESDAY</b>	Chicken Enchiladas or Chicken Tacos or Nachos with Refried Beans
<b>THURSDAY</b>	Beef Nachos or Tacos with Fiesta Potatoes
<b>FRIDAY</b>	Chicken Nachos and Tacos with Charro Beans



**Daily Special**  
*Cheese and Pepperoni Pizza*

<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.

*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.*