

# TULSA PUBLIC SCHOOLS

## MIDDLE SCHOOLS

May 2-6

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

**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 French Fries
<b>WEDNESDAY</b>	Chicken Tenders and Sweet Potato Fries
<b>THURSDAY</b>	Chicken Nuggets and Potato Wedges
<b>FRIDAY</b>	Rib-b-que Sandwich with Spiral 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>	Beef 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>	Sausage Pizza
<b>TUESDAY</b>	Personal Pan Pepperoni Pizza
<b>WEDNESDAY</b>	Pizza of the Month
<b>THURSDAY</b>	Meatlover's Calzones
<b>FRIDAY</b>	Cheeseburger Pizza



**Daily Special**  
*Ham Sub or Turkey Sub*

<b>MONDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>TUESDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>WEDNESDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>THURSDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>FRIDAY</b>	Chef Salad or Protein Power Box

**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.

*This institution is an equal opportunity provider.*



# TULSA PUBLIC SCHOOLS

## MIDDLE SCHOOLS

May 9-13

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

**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 French Fries
<b>WEDNESDAY</b>	Chicken Tenders and Sweet Potato Fries
<b>THURSDAY</b>	Chicken Nuggets and Potato Wedges
<b>FRIDAY</b>	Pizza Burger 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>	Beef 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>	Sausage Pizza
<b>TUESDAY</b>	Personal Pan Pepperoni Pizza
<b>WEDNESDAY</b>	Pizza of the Month
<b>THURSDAY</b>	Meatlover's Calzones
<b>FRIDAY</b>	Cheeseburger Pizza



**Daily Special**  
*Ham Sub or Turkey Sub*

<b>MONDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>TUESDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>WEDNESDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>THURSDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>FRIDAY</b>	Chef Salad or Protein Power Box

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# TULSA PUBLIC SCHOOLS

## MIDDLE SCHOOLS

May 16-20

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>	Frito Chili Pie with Corn
<b>TUESDAY</b>	Grilled Cheese with Broccoli
<b>WEDNESDAY</b>	Chicken Parmesan with Steamed Mixed Veggies
<b>THURSDAY</b>	BBQ Pulled Pork Sandwich with Slaw and Baked Beans
<b>FRIDAY</b>	Chicken Fried Chicken 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>	Chili Dog 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



**Daily Special**  
*Ham Sub or Turkey Sub*

<b>MONDAY</b>	Crispy Chicken Salad and Chicken Bacon Ranch Wrap
<b>TUESDAY</b>	Crispy Chicken Salad and Chicken Bacon Ranch Wrap
<b>WEDNESDAY</b>	Crispy Chicken Salad and Chicken Bacon Ranch Wrap
<b>THURSDAY</b>	Crispy Chicken Salad and Chicken Bacon Ranch Wrap
<b>FRIDAY</b>	Crispy Chicken Salad and Protein Power Box

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**SP Smart Pick**

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# TULSA PUBLIC SCHOOLS

## MIDDLE SCHOOLS

May 23-27

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>	Asian Meatballs with Lo Mein with Broccoli
<b>TUESDAY</b>	Pancakes with Scrambled Eggs
<b>WEDNESDAY</b>	Chicken Alfredo Mac with Broccoli and Carrots
<b>THURSDAY</b>	Chili and Cornbread with Corn
<b>FRIDAY</b>	Popcorn Chicken Bowl with Mashed Potatoes and Gravy and Green Beans

**V**

### 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 French Fries
<b>WEDNESDAY</b>	Chicken Tenders and Sweet Potato Fries
<b>THURSDAY</b>	Chicken Nuggets and Potato Wedges
<b>FRIDAY</b>	Meatball Sub with Spiral 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>	Beef 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>	Sausage Pizza
<b>TUESDAY</b>	Personal Pan Pepperoni Pizza
<b>WEDNESDAY</b>	Pizza of the Month
<b>THURSDAY</b>	Meatlover's Calzones
<b>FRIDAY</b>	Cheeseburger Pizza



### Daily Special

*Ham Sub or Turkey Sub*

<b>MONDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>TUESDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>WEDNESDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>THURSDAY</b>	Chef Salad or Crispy Chicken Wrap
<b>FRIDAY</b>	Chef Salad or Protein Power Box

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