



Tulsa Public Schools Secondary Breakfast

SEP 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Secondary families are encouraged to complete a Free & Reduced Meal Application at tulsaschools.org/freemeals this school year to determine if their student is eligible for free or reduced priced meals this school year!

1
Whole Wheat Bagel w/ Cream Cheese
Banana Muffin
Mixed Berry Parfait
Apple Slices & Diced Peaches

2
Frudel Bar
Nutri-Grain Bar
Mixed Berry Parfait
Orange Smiles & Blueberries

Assortment of Cereal Offered Daily

5
No School!
Happy Labor Day!

6
No School
See you tomorrow!

7
Breakfast Pizza
Poptart
Strawberry Field Parfait
Orange Smiles & Strawberries

8
Tater Tot Burrito
Banana Muffin
Strawberry Field Parfait
Apple Slices & Diced Peaches

9
Cinnamon Toast Crunch
Breakfast Bar
Nutri-Grain Bar
Strawberry Field Parfait
Orange Smiles & Blueberries

Variety of reduced-fat milk offered daily

12
Pancakes
Blueberry Muffin
Blueberry Patch Parfait
Apple Slices & Diced Pears

13
Biscuits & Gravy
Nutri-Grain Bar
Blueberry Patch Parfait
Bananas & Applesauce

14
Pancake Sausage Bites
Poptart
Blueberry Patch Parfait
Orange Smiles & Strawberries

15
American Breakfast Sandwich
Chocolate Muffin
Blueberry Patch Parfait
Apple Slices & Diced Peaches

16
Ultimate Breakfast Round
Nutri-Grain Bars
Blueberry Patch Parfait
Orange Smiles & Blueberries

Local ingredients used when seasonally available

19
Blueberry Waffles
Banana Muffin
Just Peachy Parfait
Apple Slices & Diced Pears

20
Egg & Cheese Biscuit
Nutri-Grain Bar
Just Peachy Parfait
Banana & Applesauce

21
Breakfast Pizza
Poptart
Just Peachy Parfait
Orange Smiles & Strawberries

22
Strawberry Bagel w/ Cream Cheese
Blueberry Muffin
Just Peachy Parfait
Apple Slices & Diced Peaches

23
Sausage Biscuit
Nutri-Grain Bar
Just Peachy Parfait
Orange Smiles & Blueberries

Menu subject to change based on product availability

26
French Toast Sticks
Chocolate Muffin
Strawberry Banana Parfait
Apple Slices & Diced Pears

27
Biscuit & Gravy
Nutri-Grain Bar
Strawberry Banana Parfait
Bananas & Applesauce

28
Breakfast on a Stick
Poptart
Strawberry Banana Parfait
Orange smiles & Strawberries

29
Cinnamon Roll
Banana Muffin
Strawberry Banana Parfait
Apple Slices & Diced Peaches

30
Confetti Pancakes
Nutri-Grain Bar
Strawberry Banana Parfait
Orange Smiles & Blueberries

Make Healthy Choices!

This institution is an equal opportunity provider.