

# Tulsa Public Schools

## September 5-9

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>	NO SCHOOL
<b>TUESDAY</b>	NO SCHOOL
<b>WEDNESDAY</b>	Orange Chicken with Steamed Rice & Green Beans
<b>THURSDAY</b>	French Toast Sticks with Scrambled Eggs & Sweet Potato Fries
<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>	NO SCHOOL
<b>TUESDAY</b>	NO SCHOOL
<b>WEDNESDAY</b>	Chicken Tenders and Sweet Potato Fries
<b>THURSDAY</b>	Chicken Nuggets and Potato Wedges
<b>FRIDAY</b>	Pizza Burger with Crinkle Cut Fries



**One Student Said:**  
*"The Fiesta Potatoes with Queso on top is awesome"*

<b>MONDAY</b>	NO SCHOOL
<b>TUESDAY</b>	NO SCHOOL
<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>	NO SCHOOL
<b>TUESDAY</b>	NO SCHOOL
<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>	NO SCHOOL
<b>TUESDAY</b>	NO SCHOOL
<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.*

