

Tulsa Public Schools

September 19-23

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

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** Meatball Sub 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



Daily Special
Ham Sub or Turkey Sub

- MONDAY** Chef Salad or Crispy Chicken Wrap
- TUESDAY** Chef Salad or Crispy Chicken Wrap
- WEDNESDAY** Chef Salad or Crispy Chicken Wrap
- THURSDAY** Chef Salad or Crispy Chicken Wrap
- FRIDAY** 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.

Nutrition Information is available upon request.

