

Tulsa Public Schools

September 26-30

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	Walking Nachos with Aztec Corn	
TUESDAY	Teriyaki Pork With Steamed Rice and Sesame Carrots	
WEDNESDAY	Mac & Cheese with Steamed Mixed Veg- gies	V
THURSDAY	Spaghetti and Meatballs	
FRIDAY	Steak Fingers with Mashed Potatoes and Gravy with Green Beans	

Daily Special
*Hamburger, Cheeseburger, Crispy Chicken Sand-
wich and Spicy Crispy Chicken Sandwich*



MONDAY	Chicken Tenders and Tots
TUESDAY	Chicken Nuggets and Curly Fries
WEDNESDAY	Chicken Tenders and Sweet Potato Fries
THURSDAY	Chicken Nuggets and Potato Wedges
FRIDAY	Bacon Cheeseburger with French 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	Chicken 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	Buffalo Chicken Pizza
TUESDAY	Personal Pan Sausage Pizza
WEDNESDAY	Supreme Pizza
THURSDAY	Sausage Calzones
FRIDAY	Jalapeno Popper Pizza



Daily Special
Ham Sub or Turkey Sub

MONDAY	Crispy Chicken Salad and Chicken Bacon Ranch Wrap
TUESDAY	Crispy Chicken Salad and Chicken Bacon Ranch Wrap
WEDNESDAY	Crispy Chicken Salad and Chicken Bacon Ranch Wrap
THURSDAY	Crispy Chicken Salad and Chicken Bacon Ranch Wrap
FRIDAY	Crispy Chicken Salad and 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.