# Tulsa Public Elementary Schools Lunch

**Monday**
- Cheeseburger, Ham and Cheese Sandwich, Macaroni & Cheese (V) with Complementary Garlic knot
- Roasted Squash & Zucchini, Kidney Beans, Side Salad, Diced Peaches, Apple, Banana, Orange Slices

**Tuesday**
- Crispy Chicken Sandwich, Baked Pasta with Garlic knot, American Sandwich
- Seasoned Green Beans, Kidney Beans, Side Salad, Apple, Orange Slices, Banana, and Diced Peaches

**Wednesday**
- Cheese Pizza (V), Hamburger Penwell Party Box
- Roasted Broccoli, Basil Corn Salad Side Salad Choice of Apple Banana, Orange and Applesauce Chocolate Chip Cookie

**Thursday**
- Chicken Nuggets with complementary Dinner Roll
- BBQ Riblet Poke Sandwich Strawberry Banana Parfait Smiley face fries, Carrots, Side Salad Apple, Banana, Orange, and Dices Pears Juice.

**Friday**
- Cheese Quesadilla (V), Beef Totchos, Crispy Chicken Wrap
- Pepperoni Pizza, Glazed Chicken Drumsticks with complementary Twisted breadsticks Sunbutter and Jelly sandwiches

**Fresh Pick of the Month:** Blueberries!

**Local ingredients used when seasonally available**

**Variety of fat-free and non-fat milk offered daily**

- Popcorn Chicken Bowl w/ Complementary Roll, Cheese Pizza, Crispy Chicken Wrap, Baked Beans, Fresh Broccoli, Basil Corn Salad, Side Salad, Applesauce, Banana, Orange Slices, Apples, Chocolate Chip Cookie

- Italian Cheese Dippers (V), Pizza Kidtable, Beef and Cheese Nachos
- Corn Dog, Enchiladas Suiza, Turkey and Cheese Sandwich

Menu subject to change based on product availability.

This institution is an equal opportunity provider.
The Big 9

Approximately 90% of food allergy reactions occur from one of nine common foods in the U.S. known as “The Big 9.” These foods include: milk, eggs, peanuts, sesame, tree nuts, fish, crustacean shellfish, wheat and soy. More than 160 foods have been identified to cause food allergies in sensitive individuals. There are also several food ingredients that cause nonallergic hypersensitivity reactions in sensitive individuals. Any food can cause anaphylaxis, a potentially life-threatening reaction to food allergens. Avoidance of the offending food is recommended to prevent potentially life-threatening reactions by those with food allergies. For this reason, it is important to communicate food allergy concerns with your school team. Please reach out to both your school nurse and school foodservice director to coordinate a meeting to discuss any special dietary needs required for school meals. For more information on food allergies, consider reviewing the resources below:


2. Food Allergy Research & Education (FARE) Information available at: https://www.foodallergy.org/

### Breakfast Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>A variety of cereal is offered daily. Fruit Juices offered include Apple Juice, Orange Juice, &amp; Grape Juice.</td>
<td>August 1</td>
<td>August 2</td>
<td>August 3</td>
<td>August 4</td>
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<td>August 7</td>
<td>August 8</td>
<td>August 9</td>
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<td>August 14</td>
<td>August 15</td>
<td>August 16</td>
<td>August 17</td>
<td>August 18</td>
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<tr>
<td>French Toast Sticks Cereal w/ String Cheese Applesauce ~~~~~~~~~~~~~</td>
<td>Biscuits &amp; Gravy Cereal w/ String Cheese Orange Smiles ~~~~~~~~~~~~~</td>
<td>Breakfast Pizza Cereal w/ String Cheese Bananas ~~~~~~~~~~~~~</td>
<td>Ham &amp; Cheese English Muffin Cereal w/ String Cheese Diced Peaches ~~~~~~~~~~~~~ Juice, Milk</td>
<td>Cinnamon Toast Bar Cereal w/ String Cheese Apple ~~~~~~~~~~~~~</td>
</tr>
<tr>
<td>Milk</td>
<td>August 22</td>
<td>August 23</td>
<td>August 24</td>
<td>August 25</td>
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<tr>
<td>August 21</td>
<td>Breakfast Pizza Cereal w/ String Cheese Bananas ~~~~~~~~~~~~~</td>
<td>Ham &amp; Cheese English Muffin Cereal w/ String Cheese Craisins ~~~~~~~~~~~~~</td>
<td>Chicken &amp; Waffle stack Cereal w/ String Cheese Apple ~~~~~~~~~~~~~</td>
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</tr>
<tr>
<td>Cinnamon Toast Bar Cereal w/ String Cheese Apple Sauce ~~~~~~~~~~~~~</td>
<td>Biscuit &amp; Gravy Cereal w/ String Cheese Orange Smiles ~~~~~~~~~~~~~</td>
<td>Breakfast Pizza Cereal with String Cheese Bananas ~~~~~~~~~~~~~</td>
<td>Ham &amp; Cheese English Muffin Cereal w/ String Cheese Peaches ~~~~~~~~~~~~~</td>
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</tr>
<tr>
<td>Milk</td>
<td>August 29</td>
<td>August 30</td>
<td>August 31</td>
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</tr>
<tr>
<td>August 22</td>
<td>Juice and Milk</td>
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</tbody>
</table>

We are so excited to be back for another outstanding school year! We hope to inspire and encourage all students to make healthy choices regularly!

Nutrition Information is available upon request.