



Tulsa Public Schools - High School Lunch Menu



September 2017



EVERYDAY CHOICES


Fresh Whole Fruit • Fresh or Steamed Vegetables • Fruit Juice • Half Pint Milk



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mac n Cheese Hot Dog Crispy Chicken Sandwich Turkey Chef Salad w/ Cheez-Its Italian Wrap Cheese Pizza Pepperoni Pizza Classic Supreme Pizza
4  NO SCHOOL	5 Crispy Chicken Strips w/ Waffle BBQ Chicken Sandwich Grilled Chicken Fajitas Turkey & Cheese Sub Veggie Chef Salad w/ Cheez-Its Cheese Pizza Pepperoni Pizza Classic Supreme Pizza	6 Spaghetti w/ Meatballs & Garlic Toast Chili & Cheese Burrito Crispy Chicken Sandwich Ham Chef Salad w/ Cheez-Its American Wrap Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza	7 Honduran Bean Quesadilla  BBQ Pork Sandwich Fish Nuggets Veggie Chef Salad w/ Cheez-Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza Cowboy Bread	8 Chicken Strips Cheeseburger Grilled Chicken Sandwich Turkey Chef Salad w/ Cheez-Its Spicy Chicken Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Whole Wheat Roll
11 Hot Meatball Sub Chicken Pot Pie Hot Ham & Cheese Sandwich Turkey Chef Salad w/ Cheez-Its Southwest Veggie Wrap Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza Whole Wheat Roll	12 Spicy Crispy Orange Chicken Nacho Salad Grilled Cheese Sandwich Ham Chef Salad w/ Cheez-Its Fruit & Cheese Plate w/ Cheez-Its Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza Cilantro Lime Rice	13 Mac n Cheese Spicy Chicken Sandwich Hamburger Turkey Chef Salad w/ Cheez-Its Ham & Cheese Wrap Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza	14 Crispy Baked Chicken Drumstick Enchilada Casserole Cheeseburger Veggie Chef Salad w/ Cheez-Its Turkey & Cheese Sandwich Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Whole Wheat Roll	15 Frito Pie Corn Dog Crispy Chicken Sandwich Grilled Chicken Chef Salad w/ Cheez-Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza
18 Hot Dog Country Steak Fingers Hot Turkey & Cheese Sandwich Turkey Chef Salad w/ Cheez-Its Fruit & Cheese Plate w/ Cheez-Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza Whole Wheat Roll	19 Chili Cheese Burrito Crispy Fish Nuggets Veggie Chef Salad w/ Cheez-Its Spicy Chicken Wrap Cheese Nachos w/ Black Beans Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza Spanish Brown Rice	20 Italian Baked Pasta w/ Garlic Toast Crispy Chicken Sandwich Hamburger Ham Chef Salad w/ Crackers American Wrap Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza	21 Hot Meatball Sub Baked Potato w/ Broccoli & Cheese Sauce Honduran Quesadilla Crispy Chicken Chef Salad w/ Cheez-Its Ham and Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza Whole Wheat Roll	22 Crispy Chicken Strips w/ Waffle Cheeseburger Corn Dog Veggie Chef Salad w/ Cheez-Its Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Whole Wheat Roll Wacky Cake
25 Soft Beef Taco Crispy Chicken Sandwich Hot Ham & Cheese Sandwich Ham Chef Salad w/ Cheez-Its Southwest Veggie Wrap Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza	26 Sweet and Sour Chicken Cheese Nachos w/ Refried Beans Hamburger Turkey Chef Salad w/ Cheez-Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza Cilantro Lime Rice	27 Chicken Broccoli Alfredo Pasta w/ Soft Garlic Toast Hot Meatball Sub Cheeseburger Veggie Chef Salad w/ Cheez-Its Turkey & Cheese Sub Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza	28 Frito Pie Crispy Baked Chicken Drumstick Ham Chef Salad w/ Cheez-Its Hot Turkey & Cheese Sandwich Fruit & Cheese Plate w/ Cheez-Its Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Whole Wheat Roll	29 Mac n Cheese Hot Dog Crispy Chicken Sandwich Turkey Chef Salad w/ Cheez-Its Italian Wrap Cheese Pizza Pepperoni Pizza Classic Supreme Pizza

Menu subject to change without notice

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 indicates this is a pork product