



TULSA PUBLIC SCHOOLS MIDDLE SCHOOL/JR HIGH
LUNCH MENU – DECEMBER 2017



EVERYDAY CHOICES
Fresh Apple, Orange or Banana
Fruit Juice and Milk

<td data-bbox="370 254 667 562"></td> <td data-bbox="667 254 964 562"> <td data-bbox="964 254 1261 562"></td> <td data-bbox="1261 254 1549 562"> <p>1</p> <ul style="list-style-type: none"> Chicken Strips Cheeseburger Turkey Chef Salad w/ Cheez Its Spicy Chicken Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza <ul style="list-style-type: none"> Oven Baked Curly Fries Fresh Carrot & Celery Sticks Garden Salad Whole Wheat Roll </td> </td>		<td data-bbox="964 254 1261 562"></td> <td data-bbox="1261 254 1549 562"> <p>1</p> <ul style="list-style-type: none"> Chicken Strips Cheeseburger Turkey Chef Salad w/ Cheez Its Spicy Chicken Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza <ul style="list-style-type: none"> Oven Baked Curly Fries Fresh Carrot & Celery Sticks Garden Salad Whole Wheat Roll </td>		<p>1</p> <ul style="list-style-type: none"> Chicken Strips Cheeseburger Turkey Chef Salad w/ Cheez Its Spicy Chicken Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza <ul style="list-style-type: none"> Oven Baked Curly Fries Fresh Carrot & Celery Sticks Garden Salad Whole Wheat Roll
<p>4</p> <ul style="list-style-type: none"> Hot Meatball Sub Chicken Pot Pie Southwest Veggie Wrap Turkey Chef Salad w/ Cheez Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza <ul style="list-style-type: none"> Garden Salad Sweet Potato Waffle Fries Whole Wheat Roll 	<p>5</p> <ul style="list-style-type: none"> Spicy Crispy Orange Chicken Nacho Salad Ham Chef Salad w/Cheez Its Fruit & Cheese Plate w/ Cheez Its Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza <ul style="list-style-type: none"> Steamed Broccoli Festive Black Beans Spinach Salad Cilantro Lime Rice 	<p>6</p> <ul style="list-style-type: none"> Mac n Cheese Spicy Chicken Sandwich Turkey Chef Salad w/ Cheez Its Ham & Cheese Wrap Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza <ul style="list-style-type: none"> Color of Italy Salad Steamed Carrots Garden Salad 	<p>7</p> <ul style="list-style-type: none"> Crispy Baked Chicken Drumstick Cheese Enchiladas Veggie Chef Salad w/Cheez Its Turkey & Cheese Sandwich Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza <ul style="list-style-type: none"> Steamed Green Beans Mashed Potatoes Whole Wheat Roll 	<p>8</p> <ul style="list-style-type: none"> Frito Pie Corn Dog Veggie Chef Salad w/Cheez Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza <ul style="list-style-type: none"> Steamed Mixed Vegetables Fresh Baby Carrots & Celery Sticks Spinach Salad
<p>11</p> <ul style="list-style-type: none"> Hot Dog Country Steak Fingers Fruit & Cheese Plate w/ Cheez Its Turkey Chef Salad w/ Cheez Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza <ul style="list-style-type: none"> Seasoned Green Beans Mashed Potatoes Garden Salad Whole Wheat Roll 	<p>12</p> <ul style="list-style-type: none"> Chili Cheese Burrito Crispy Fish Nuggets Veggie Chef Salad w/ Cheez Its Spicy Chicken Wrap Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza <ul style="list-style-type: none"> Mexicali Corn Sweet Potato Waffle Fries Spanish Brown Rice 	<p>13</p> <ul style="list-style-type: none"> Italian Baked Pasta w/ Garlic Toast Crispy Chicken Sandwich American Wrap Ham Chef Salad w/ Cheez Its Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza <ul style="list-style-type: none"> Steamed Peas & Carrots Color of Italy Salad Spinach Salad 	<p>14</p> <ul style="list-style-type: none"> Hot Meatball Sub Baked Potato w/ Broccoli & Cheese Sauce Crispy Chicken Salad w/ Cheez its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza <ul style="list-style-type: none"> Golden Corn Garden Salad Whole wheat Roll 	<p>17</p> <ul style="list-style-type: none"> Crispy Chicken Strips w/ Waffle Cheeseburger Veggie Chef Salad w/ Cheez Its Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza <ul style="list-style-type: none"> Oven Baked Curly Fries BBQ Baked Beans Garden Salad Holiday Cake
<p>18</p> <ul style="list-style-type: none"> Soft Beef Taco Crispy Chicken Sandwich Southwest Veggie Wrap Ham Chef Salad w/ Cheez Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza <ul style="list-style-type: none"> Festive Black Beans Sweet Potato Waffle Fries Garden Salad 	<p>19</p> <ul style="list-style-type: none"> Sweet & Sour Chicken Nachos w/ Refried Beans Turkey Chef Salad w/ Cheez Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza <ul style="list-style-type: none"> Steamed Broccoli Garden Salad Cilantro Lime Rice 	<p>20</p> <ul style="list-style-type: none"> Chicken Broccoli Alfredo Pasta w/ Garlic Toast Hot Meatball Sub Veggie Chef Salad w. Cheez Its Turkey & Cheese Sub Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza <ul style="list-style-type: none"> Color of Italy Salad Steamed Carrots 	<p>21</p> <p>Winter Break</p>	<p>22</p> <p>Winter Break</p>
<p>25</p> <p>Winter Break</p>	<p>26</p> <p>Winter Break</p> 	<p>27</p> <p>Winter Break</p>	<p>28</p> <p>Winter Break</p>	<p>29</p> <p>Winter Break</p> 