



Tulsa Public Schools - High School Lunch Menu

April 2017



EVERYDAY CHOICES

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Hot Dog Country Steak Fingers Hot Turkey & Cheese Sandwich Turkey Chef Salad w/ Crackers Fruit & Cheese Plate & Crackers Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza</p>	<p>4</p> <p>Chili Cheese Burrito Crispy Fish Nuggets Veggie Chef Salad w/ Crackers Spicy Chicken Wrap Cheese Nachos w/ Black Beans Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza Spanish Brown Rice</p>	<p>5</p> <p>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</p>	<p>6</p> <p>Hot Meatball Sub Baked Potato w/ Broccoli & Cheese Sauce Honduran Quesadillas Crispy Chicken Salad w/ Crackers Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p>	<p>7</p> <p>Crispy Chicken Strips w/ Waffles Southwest Cheeseburger Corn Dog Veggie Chef Salad w/ Crackers Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Wacky Cake</p>
<p>10</p> <p>Soft Beef Tacos Santé Fe Crispy Chicken Sandwich Hot Ham & Cheese Sandwich Southwest Veggie Wrap Ham Chef Salad w/ Crackers Cheese Pizza Pepperoni Pizza Breakfast Pizza</p>	<p>11</p> <p>Sweet & Sour Chicken Cheese Nachos w/ Refried Beans Hamburger Turkey Chef Salad w/ Crackers Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza</p>	<p>12</p> <p>Chicken Broccoli Alfredo Pasta w/ Garlic Toast Hot Meatball Sub Cheeseburger Veggie Chef Salad w/ Crackers Turkey & Cheese Sub Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza</p>	<p>13</p> <p>Fritip Pie Country Steak Fingers Hot Turkey & Cheese Sandwich Ham Chef Salad w/ Crackers Fruit & Cheese Plate w/ Crackers Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza</p>	<p>14</p> <p>Mac n Cheese Hot Dog Crispy Chicken Sandwich Turkey Chef Salad w/ Crackers Italian Wrap Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p>
<p>17</p> <p>Country Steak Fingers Hot Turkey & Cheese Sandwich Spicy Chicken Sandwich Crispy Chicken Salad w/ Crackers Fruit & Cheese Plate w/ Crackers Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza</p>	<p>18</p> <p>Crispy Chicken Strips w/ Waffles BBQ Pork Sandwich Grilled Chicken Fajitas Turkey & Cheese Sub Veggie Chef Salad w/ Crackers Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p>	<p>19</p> <p>Spaghetti w/ Meatballs & Garlic Toast Chili & Cheese Burrito Crispy Chicken Sandwich Ham Chef Salad w/ Crackers American Wrap Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza</p>	<p>20</p> <p>Honduran Quesadillas Spicy Chicken Sandwich Fish Nuggets Veggie Chef Salad w/ Crackers Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza Cowboy Bread</p>	<p>21</p> <p>Crispy Chicken Strips Southwest Cheeseburger Grilled Chicken Sandwich Turkey Chef Salad w/ Crackers Spicy Chicken Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza</p>
<p>24</p> <p>Hot Meatball Sub Chicken Pot Pie Hot Ham & Cheese Sandwich Southwest Veggie Wrap Turkey Chef Salad w/ Crackers Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza Whole Wheat Roll</p>	<p>25</p> <p>Spicy Crispy Orange Chicken Nacho Salad Grilled Cheese Sandwich Ham Chef Salad w/ Crackers Fruit & Cheese Plate w/ Crackers Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza Cilantro Lime Rice</p>	<p>26</p> <p>Mac n Cheese Spicy Chicken Sandwich Hamburger Turkey Chef Salad w/ Crackers Ham & Cheese Wrap Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza</p>	<p>27</p> <p>Country Steak Fingers Enchilada Casserole w/ Chips Cheeseburger Veggie Chef Salad w/ Crackers Turkey & Cheese Sandwich Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Whole Wheat Roll</p>	<p>28</p> <p>Frito Pie Corn Dog Santé Fe Crispy Chicken Sandwich Veggie Salad w/ Crackers Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p>

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Menu subject to change without notice

indicates this is a pork product