





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



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

<p>18</p>	<p>All Pizza 30- 40g Carbs</p>			<p>1</p> <p>Mac n Cheese 48g Hot Dog 31g Turkey Chef Salad w/ Crackers 9g(25g) Italian Wrap 29g</p> <p>Steamed Mixed Vegetables 5.5g Baby Carrots & Celery Sticks 4g Spinach Salad 3g</p>
<p>4</p> <p>No School</p> 	<p>5</p> <p>Crispy Chicken Strips w/ Waffle 56g BBQ Chicken Sandwich 42g Turkey & Cheese Sub 56g Veggie Chef Salad w/ Cheez Its 16(46g) Sweet Potato Waffle Fries 16g BBQ Baked Beans 34g</p>	<p>6</p> <p>Spaghetti w/ Meatballs & Garlic Toast 46g(61g) Chili & Cheese Burrito 42g Crispy Chicken Sandwich 42g Ham Chef Salad w/ Crackers9g(25g) American Wrap 29g</p> <p>Garden Salad 3g Steamed Peas & Carrots 9.5g</p>	<p>7</p> <p>Honduran Bean Quesadilla 88g</p>  BBQ Pork Sandwich 42g Veggie Chef Salad w/Cheez Its 16(46g) Ham & Cheese Sandwich 30g <p>California Vegetable Medley 6g Golden Corn 22g Confetti Brown Rice 23g Cowboy Bread 26g</p>	<p>8</p> <p>Chicken Strips 14g Cheeseburger 30g Turkey Chef Salad w/ Cheez Its 9 (39g) Spicy Chicken Wrap 29g</p> <p>Oven Baked Curly Fries 19g Fresh Carrot & Celery Sticks 4g Garden Salad 3g Whole Wheat Roll 26g</p>
<p>11</p> <p>Hot Meatball Sub 64g Chicken Pot Pie 23g Southwest Veggie Wrap Turkey Chef Salad w/ Crackers9g(25g)</p> <p>Garden Salad 3g Sweet Potato Waffle Fries 16g Whole Wheat Roll 26g</p>	<p>12</p> <p>Spicy Crispy Orange Chicken 33.5g Nacho Salad 46g Ham Chef Salad w/ Crackers9g(25g) Fruit & Cheese Plate w/ Crackers 49g Steamed Broccoli 7g Festive Black Beans 37.5g Spinach Salad 3g Cilantro Lime Rice 23g</p>	<p>13</p> <p>Mac n Cheese 42g Spicy Chicken Sandwich 29g Turkey Chef Salad w/ Crackers9g(25g) Ham & Cheese Wrap 29g</p> <p>Color of Italy Salad 4g Seasoned Carrots 10g Garden Salad 3g</p>	<p>14</p> <p>Crispy Baked Chicken Drumstick 7g Cheese Enchiladas 32g Veggie Chef Salad w/Cheez Its 16 (46g) Turkey & Cheese Sandwich 30g Green Beans 4.5g Mashed Potatoes 15g Whole Wheat Roll 26g</p>	<p>15</p> <p>Frito Pie 66g Corn Dog 30g Veggie Chef Salad w/ Crackers 16g(38g) Ham & Cheese Sandwich 30g Steamed Mixed Vegetables 13g Baby Carrots & Celery Sticks 4g Spinach Salad 4g</p>
<p>21</p> <p>Hot Dog 31g Country Steak Fingers 14g Fruit & Cheese Plate w/ Cheez-Its 34g Turkey Chef Salad w/ Cheez-Its 11g(40g) Seasoned Green Beans 4.5g Mashed Potatoes 15g Garden Salad 3g Whole Wheat Roll 26g</p>	<p>22</p> <p>Chili Cheese Burrito 42g Crispy Fish Nuggets 20g Grilled Chicken Wrap 29g Veggie Chef Salad w/ Cheez-Its 16g(46g)</p> <p>Mexicali Corn 22g Sweet Potato Waffle Fries 16g Spanish Brown Rice 23g</p>	<p>23</p> <p>Italian Baked Pasta w/ Garlic Toast 34g (49g) Crispy Chicken Sandwich 44g American Wrap 29g Ham Chef Salad w/ Cheez-Its 11g(40g)</p> <p>Steamed Peas & Carrots 9.5g Color of Italy Salad 4g Spinach Salad 3g</p>	<p>24</p> <p>Hot Meatball Sub 64g Baked Potato w/ Broccoli & Cheese Sauce 68g Grilled Chicken Salad w/ Cheez-Its 9g(39g) Ham & Cheese Sandwich 30g</p> <p>Celebrate Summer Salad 1g Garden Salad 3g Whole Wheat Roll 26g</p>	<p>25</p> <p>Crispy Chicken Strips w/ Waffle 56g Cheeseburger 30g Veggie Chef Salad w/ Cheez-Its 16g(46g) Turkey & Cheese Wrap 29g</p> <p>Oven Baked Potato Wedges 16g BBQ Baked Beans 34g Garden Salad 3g</p>
<p>28</p> <p>Soft Beef Taco 53g Crispy Chicken Sandwich 44g Southwest Veggie Wrap 40g Ham Chef Salad w/ Cheez-Its 11g(40g) Festive Black Beans37.5g Sweet Potato Waffle Fries 16g Garden Salad 3g</p>	<p>29</p> <p>Sweet & Sour Chicken 79g Nachos w/ Refried Beans 55g Turkey Chef Salad w/ Cheez-Its 11g(40g) Ham & Cheese Sandwich 30g</p> <p>Steamed Broccoli 7g Garden Salad 3g Cilantro Lime Rice 24g</p>	<p>30</p> <p>Grilled Chicken Broccoli Alfredo Pasta w/ Garlic Toast 36(51g) Hot Meatball Sub 64g Veggie Chef Salad w/ Cheez-Its 16g(46g) Turkey & Cheese Sub 56g</p> <p>Color of Italy Salad 4g Steamed Carrots 4g</p>	<p>31</p> <p>Frito Pie 66g Crispy Chicken Drumstick 16g Grilled Chicken Chef Salad w/ Cheez-Its 9g(39g) Fruit & Cheese Plate w/ Cheez-Its 34g</p> <p>Zesty Cucumber Salad 3g Mashed Potatoes 15g Whole Wheat Roll 26g</p>	<p>29</p> <p>Mac n Cheese 48g Hot Dog 31g Turkey Chef Salad w/ Crackers 9g(25g) Italian Wrap 29g</p> <p>Steamed Mixed Vegetables 5.5g Baby Carrots & Celery Sticks 4g Spinach Salad 3g</p>

Menu subject to change without notice.

This institution is an equal opportunity provider and employer



indicates this is a pork product