



Tulsa Public Schools - High School Lunch Menu

October 2017



EVERYDAY CHOICES

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Country Steak Fingers Hot Turkey & Cheese Sandwich Spicy Chicken Sandwich Fruit & Cheese Plate w/Cheez Its Crispy Chicken Salad w/Cheez Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza Whole Wheat Roll	<b>3</b> Crispy Chicken Strips w/ Waffle  BBQ Pork Sandwich Grilled Chicken Fajitas Turkey & Cheese Sub Veggie Chef Salad w/ Cheez Its Cheese Pizza Pepperoni Pizza Classic Supreme Pizza	<b>4</b> 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	<b>5</b> Honduran Bean Quesadilla Spicy Chicken Sandwich Fish Nuggets Veggie Chef Salad w/Cheez Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza Cowboy Bread	<b>6</b> 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
<b>9</b> 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	<b>10</b>  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	<b>11</b> Mac n Cheese  Spicy Chicken Sandwich Hamburger Turkey Chef Salad w/ Cheez-Its Ham & Cheese Wrap Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza	<b>12</b> Crispy Baked Chicken Drumstick Cheese Enchilada Cheeseburger Veggie Chef Salad w/ Cheez-Its Turkey & Cheese Sandwich Cheese Pizza Pepperoni Pizza  Spicy Hawaiian Pizza Whole Wheat Roll	<b>13</b> Frito Pie Corn Dog Crispy Chicken Sandwich Veggie Chef Salad w/ Cheez-Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza
<b>16</b> 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	<b>17</b> 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	<b>18</b> No School Parent Teacher Conference	<b>19</b> No School Fall Break	<b>20</b> No School Fall Break 
<b>23</b> No School Professional Day	<b>24</b> 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	<b>25</b> Chicken Broccoli Alfredo Pasta w/ Garlic Toast Hot Meatball Sub Cheeseburger Veggie Chef Salad w/ Cheez-Its Turkey & Cheese Sub Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza	<b>27</b> 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	<b>28</b> Mac n Cheese Hot Dog Crispy Chicken Sandwich Turkey Chef Salad w/ Cheez-Its Italian Wrap Cheese Pizza Pepperoni Pizza Classic Supreme Pizza
<b>30</b> Country Steak Fingers Hot Turkey & Cheese Sandwich Spicy Chicken Sandwich Fruit & Cheese Plate w/Cheez Its Crispy Chicken Salad w/Cheez Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza Whole Wheat Roll	<b>31</b> Crispy Chicken Strips w/ Waffle  BBQ Pork Sandwich Grilled Chicken Fajitas Turkey & Cheese Sub Veggie Chef Salad w/ Cheez Its Cheese Pizza Pepperoni Pizza Classic Supreme Pizza		 Spice up your day with a little heat	

Menu subject to change without notice

This institution is an equal opportunity provider and employer

 indicates this is a pork product