



Tulsa Public Schools - High School Lunch Menu

December 2017



EVERYDAY CHOICES

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



Monday	Tuesday	Wednesday	Thursday	Friday
				1 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
4 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	5 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	6 Mac n Cheese Spicy Chicken Sandwich Hamburger Turkey Chef Salad w/ Cheez-Its Ham & Cheese Wrap Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza	7 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	8 Frito Pie Corn Dog Crispy Chicken Sandwich Veggie Chef Salad w/ Cheez-Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza
11 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	12 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	13 Italian Baked Pasta w/ Garlic Toast Crispy Chicken Sandwich Hamburger Ham Chef Salad w/ Cheez-Its American Wrap Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza	14 Hot Meatball Sub Baked Potato w/ Broccoli & Cheese Sauce Honduran Quesadilla Crispy Chicken Salad w/ Cheez Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza	15 Crispy Chicken Strips w/ Waffles Cheeseburger Corn Dog Veggie Chef Salad w/ Cheez-Its Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Whole Wheat Roll Holiday Cake
18 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	19 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	20 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	21 Winter Break	22 Winter Break
25 Winter Break	26 Winter Break 	27 Winter Break	28 Winter Break	29 Winter Break 