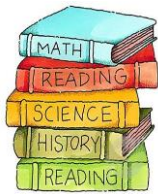




TULSA PUBLIC SCHOOLS MIDDLE SCHOOL/JR HIGH
LUNCH MENU – August 2017



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



21
 Hot Dog
 Country Steak Fingers
 Fruit & Cheese Plate w/ Cheez-Its
 Turkey Chef Salad w/ Cheez-Its
 Cheese Pizza
 Pepperoni Pizza
 Veggie Supreme Pizza
 Seasoned Green Beans
 Mashed Potatoes
 Garden Salad
 Dinner Roll

22
 Chili Cheese Burrito
 Crispy Fish Nuggets
 Grilled Chicken Wrap
 Veggie Chef Salad w/
 Cheez-Its
 Cheese Pizza
 Pepperoni Pizza
 All American Cheeseburger
 Pizza
 Mexicali Corn
 Sweet Potato Waffle Fries
 Spanish Brown Rice

23
 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
 Steamed Peas & Carrots
 Color of Italy Salad
 Spinach Salad

24
 Hot Meatball Sub
 Baked Potato w/ Broccoli &
 Cheese Sauce
 Grilled Chicken Salad w/
 Cheez-Its
 Ham & Cheese Sandwich
 Cheese Pizza
 Pepperoni Pizza
 Classic Supreme Pizza
 Celebrate Summer Salad
 Garden Salad
 Dinner Roll

25
 Crispy Chicken Strips w/ Waffle
 Cheeseburger
 Veggie Chef Salad w Cheez-Its
 Turkey & Cheese Wrap
 Cheese Pizza
 Pepperoni Pizza
 Spicy Hawaiian Pizza
 Oven Baked Potato Wedges
 BBQ Baked Beans
 Garden Salad

28
 Soft Beef Taco
 Crispy Chicken Sandwich
 Southwest Veggie Wrap
 Ham Chef Salad w/ Cheez-Its
 Cheese Pizza
 Pepperoni Pizza
 Veggie Supreme Pizza
 Festive Black Beans
 Sweet Potato Waffle Fries
 Garden Salad

29
 Sweet & Sour Chicken
 Nachos w/ Refried Beans
 Turkey Chef Salad w/
 Cheez-Its
 Ham & Cheese Sandwich
 Cheese Pizza
 Pepperoni Pizza
 Buffalo Chicken Pizza
 Steamed Broccoli
 Garden Salad
 Cilantro Lime Rice

30
 Grilled 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
 Color of Italy Salad
 Steamed Carrots

31
 Frito Pie
 Crispy Chicken Drumstick
 Grilled Chicken Chef Salad w/
 Cheez-Its
 Fruit & Cheese Plate w/
 Cheez-Its
 Cheese Pizza
 Pepperoni Pizza
 Spicy Hawaiian Pizza
 Zesty Cucumber Salad
 Mashed Potatoes
 Whole Wheat Roll