



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




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

<p>2</p> <p>Country Steak Fingers Hot Turkey & Cheese Sandwich Fruit & Cheese Plate w/Cheez Its Crispy Chicken Salad w/Cheez Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza</p> <p>Seasoned Green Beans Mashed Potatoes Garden Salad Whole Wheat Roll</p>	<p>3</p> <p>Crispy Chicken Strips w/ Waffle  BBQ Pork Sandwich Turkey & Cheese Sub Veggie Chef Salad w/ Cheez Its Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p> <p>Sweet Potato Waffle Fries BBQ Baked Beans</p>	<p>4</p> <p>Spaghetti w/ Meatballs & Garlic Toast Chili & Cheese Burrito Ham Chef Salad w/ Cheez Its American Wrap Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza</p> <p>Garden Salad Celebrate Summer Salad</p>	<p>5</p> <p>Honduran Bean Quesadilla Spicy Chicken Sandwich Veggie Chef Salad w/Cheez Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p> <p>California Vegetable Medley Golden Corn Confetti Brown Rice Cowboy Bread</p>	<p>6</p> <p>Chicken Strips Cheeseburger Turkey Chef Salad w/ Cheez Its Spicy Chicken Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza</p> <p>Oven Baked Curly Fries Fresh Carrot & Celery Sticks Garden Salad Whole Wheat Roll</p>
<p>9</p> <p>Hot Meatball Sub Chicken Pot Pie Southwest Veggie Wrap Turkey Chef Salad w/ Cheez Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza</p> <p>Garden Salad Sweet Potato Waffle Fries Whole Wheat Roll</p>	<p>10</p> <p> Spicy Crispy Orange Chicken Nacho Salad Ham Chef Salad w/Cheez Its Fruit & Cheese Plate w/ Cheez Its Cheese Pizza Veggie Supreme Pizza</p> <p> Buffalo Chicken Pizza</p> <p>Steamed Broccoli Festive Black Beans Spinach Salad Cilantro Lime Rice</p>	<p>11</p> <p>Mac n Cheese  Spicy Chicken Sandwich Turkey Chef Salad w/ Cheez Its Ham & Cheese Wrap Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza</p> <p>Color of Italy Salad Steamed Carrots Garden Salad</p>	<p>12</p> <p>Crispy Baked Chicken Drumstick Cheese Enchiladas Veggie Chef Salad w/Cheez Its Turkey & Cheese Sandwich Cheese Pizza Pepperoni Pizza  Spicy Hawaiian Pizza</p> <p>Steamed Green Beans Mashed Potatoes Whole Wheat Roll</p>	<p>13</p> <p>Frito Pie Corn Dog Veggie Chef Salad w/Cheez Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p> <p>Steamed Mixed Vegetables Fresh Baby Carrots & Celery Sticks Spinach Salad</p>
<p>16</p> <p>Hot Dog Country Steak Fingers Fruit & Cheese Plate w/ Cheez Its Turkey Chef Salad w/ Cheez Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza</p> <p>Seasoned Green Beans Mashed Potatoes Garden Salad Whole Wheat Roll</p>	<p>17</p> <p>Chili Cheese Burrito Crispy Fish Nuggets Veggie Chef Salad w/ Cheez Its Spicy Chicken Wrap Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza</p> <p>Mexicali Corn Sweet Potato Waffle Fries Spanish Brown Rice</p>	<p>18</p> <p>No School Parent Teacher Conference</p>	<p>19</p> <p>Fall Break No School</p>	<p>20</p> <p>Fall Break No School</p> 
<p>23</p> <p>No School Professional Day</p>	<p>24</p> <p>Sweet & Sour Chicken Nachos w/ Refried Beans Turkey Chef Salad w/ Cheez Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza</p> <p>Steamed Broccoli Festive Black Beans Cilantro Lime Rice</p>	<p>25</p> <p>Chicken Broccoli Alfredo Pasta & Garlic Toast Hot Meatball Sub Veggie Chef Salad w/ Cheez Its Turkey & Cheese Sub Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza</p> <p>Color of Italy Salad Steamed Carrots</p>	<p>26</p> <p>Frito Pie Crispy Baked Chicken Drumstick Ham Chef Salad w/ Cheez Its Fruit & Cheese Plate w/ Cheez Its Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza</p> <p>Zesty Cucumber Salad Mashed Potatoes Whole Wheat Roll</p>	<p>27</p> <p>Mac n Cheese Hot Dog Turkey Chef Salad w/ Cheez Its Italian Wrap Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p> <p>Sweet Potato Waffle Fries Baby Carrots & Celery Sticks Spinach Salad</p>
<p>30</p> <p>Country Steak Fingers Hot Turkey & Cheese Sandwich Fruit & Cheese Plate w/Cheez Its Crispy Chicken Salad w/Cheez Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza</p> <p>Seasoned Green Beans Mashed Potatoes Garden Salad Whole Wheat Roll</p>	<p>31</p> <p>Crispy Chicken Strips w/ Waffle  BBQ Pork Sandwich Turkey & Cheese Sub Veggie Chef Salad w/ Cheez Its Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p> <p>Sweet Potato Waffle Fries BBQ Baked Beans</p>		<p> Spice up your day with a little heat</p>	

Menu subject to change without notice.

This institution is an equal opportunity provider and employer

 indicates this is a pork product