



Tulsa Public Schools - High School Lunch Menu

April 2018

EVERYDAY CHOICES

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Hot Dog 29g Country Steak Fingers 14g Hot Turkey & Cheese Sandwich 30g Turkey Chef Salad w/Cheez-Its 9(39g) Fruit & Cheese Plate w/Cheez-Its 49g Whole Wheat Roll 26g</p>	<p>3</p> <p>Chili Cheese Burrito 42g Catfish Po'Boy Sandwich 66g Veggie Chef Salad w/ Cheez-Its 16(46g) Spicy Chicken Wrap 30g Cheese Nachos w/Black Beans 55g Spanish Brown Rice 24g</p>	<p>4</p> <p>Italian Baked Pasta w/ Garlic Toast 45g (60g) BBQ Chicken Sandwich 42g Hamburger 30g Ham Chef Salad w Cheez Its 9(39g) American Wrap 29g</p>	<p>5</p> <p>Hot Meatball Sub 64g Baked Potato w/ Broccoli & Cheese Sauce 68g Honduran Quesadilla 88g Crispy Chicken Salad w Cheez its 21(50g) Ham & Cheese Sandwich 30g</p>	<p>6</p> <p>Crispy Chicken Strips w/ Waffles 56g Cheeseburger 30g Corn Dog 30g Veggie Chef Salad w Cheez Its 16(46g) Turkey & Cheese Wrap 30g Whole Wheat Roll 26g Wacky Cake</p>
<p>9</p> <p>Soft Beef Taco 53g Country Steak Fingers 14g Hot Ham & Cheese Sandwich 30g Ham Chef Salad w/ Cheez Its 9(39g) Southwest Veggie Wrap 38g</p>	<p>10</p> <p>Sweet and Sour Chicken 79g Cheese Nachos w/ Refried Beans 55g Hamburger 30g Turkey Chef Salad w/Cheez-Its 9(39g) Ham & Cheese Sandwich 30g Cilantro Lime Rice 24g</p>	<p>11</p> <p>Chicken Broccoli Alfredo Pasta w/ Garlic Toast 36(51g) Hot Meatball Sub 64g Cheeseburger 30g Veggie Chef Salad w/ Cheez Its 16(46g) Turkey & Cheese Sub 30g</p>	<p>12</p> <p>Frito Pie 66g Crispy Chicken Strips 16g Hot Turkey & Cheese Sandwich 30g Ham Chef Salad w/ Cheez Its 9(39g) Fruit & Cheese Plate w/ Cheez Its 49g</p>	<p>13</p> <p>Mac n Cheese 48g Hot Dog 29g BBQ Chicken Sandwich 42g Turkey Chef Salad w/ Cheez Its 9 (39g) Italian Wrap 30g</p>
<p>16</p> <p>Country Steak Fingers 14g Hot Turkey & Cheese Sandwich 30g Spicy Chicken Sandwich 42g Crispy Chicken Salad w/ Cheez Its 42g Fruit & Cheese Plate w/ Cheez Its 49g</p>	<p>17</p> <p>Crispy Chicken Strips w/ Waffle 56g BBQ Chicken Sandwich 42g Grilled Chicken Fajitas 30g Turkey & Cheese Sub 30g Veggie Chef Salad w/ Cheez Its 16g(46g)</p>	<p>18</p> <p>Spaghetti w/ Meatballs & Garlic Toast 46(61g) Chili & Cheese Burrito 42g Hot Ham & Cheese Sandwich 30g Ham Chef Salad w/ Cheez Its 9(39g) American Wrap 30g</p>	<p>19</p> <p>Honduran Bean Quesadilla 88g Spicy Chicken Sandwich 42g Fish Nuggets 20g Veggie Chef Salad w/Cheez Its 16(46g) Ham & Cheese Sandwich 30g Cowboy Bread 26g</p>	<p>20</p> <p>Crispy Chicken Strips 16g Cheeseburger 30g Grilled Chicken Sandwich 30g Turkey Chef Salad w/ Cheez Its 9(39g) Spicy Chicken Wrap 29g Whole Wheat Roll 26g</p>
<p>23</p> <p>Hot Meatball Sub 64g Chicken Pot Pie 23g Hot Ham & Cheese Sandwich 30g Turkey Chef Salad w/ Cheez Its 9(39g) Southwest Veggie Wrap 40g Whole Wheat Rol 26g</p>	<p>24</p> <p>Spicy Crispy Orange Chicken 33.5g Nacho Salad 46g Grilled Cheese Sandwich 30g Ham Chef Salad w/ Cheez-Its 9(39g) Fruit & Cheese Plate w/ Cheez-Its 49g Cilantro Lime Rice 23g</p>	<p>25</p> <p>Mac n Cheese 48g Spicy Chicken Sandwich 29g Hamburger 30g Turkey Chef Salad w/ Cheez-Its 9(39g) Ham & Cheese Wrap 30g</p>	<p>26</p> <p>Crispy Chicken Strips 16g Cheese Enchiladas 30g Cheeseburger 30g Veggie Chef Salad w/ Cheez-Its 16(46g) Turkey & Cheese Sandwich 30g Whole Wheat Roll 26g</p>	<p>27</p> <p>Frito Pie 66g Corn Dog 30g BBQ Chicken Sandwich 42g Veggie Chef Salad w/ Cheez-Its 16(46g) Ham & Cheese Sandwich 30g</p>
<p>30</p> <p>Hot Dog 29g Country Steak Fingers 14g Hot Turkey & Cheese Sandwich 30g Turkey Chef Salad w/Cheez-Its 9(39g) Fruit & Cheese Plate w/Cheez-Its 49g Whole Wheat Roll 26g</p>			<p>Ex...16g(46g) Without crackers (With crackers) All Pizza 30- 40g Carbs</p>	