



Tulsa Public Schools - High School Lunch Menu

May 2018




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



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Crispy Chicken Strips w/ Waffle BBQ Chicken Sandwich Grilled Chicken Fajitas Turkey & Cheese Sub Veggie Chef Salad w/ Cheez Its Cheese Pizza Pepperoni Pizza Classic Supreme Pizza	2 Spaghetti w/ Meatballs & Garlic Toast Chili & Cheese Burrito Hot Ham & Cheese Sandwich Ham Chef Salad w/ Cheez Its American Wrap Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza	3 Honduran Bean Quesadilla Spicy Chicken Sandwich Crispy Fish Nuggets Veggie Chef Salad w/Cheez Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza Cowboy Bread	4 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
7 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	8 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	9 Mac n Cheese Spicy Chicken Sandwich Hamburger Turkey Chef Salad w/ Cheez-Its Ham & Cheese Wrap Cheese Pizza Pepperoni Pizza All American Cheeseburger Pizza	10 Crispy Chicken Strips Cheese Enchiladas Cheeseburger Veggie Chef Salad w/ Cheez-Its Turkey & Cheese Sandwich Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza Whole Wheat Roll	11 Frito Pie Corn Dog BBQ Chicken Sandwich Veggie Chef Salad w/ Cheez-Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza
14 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	15 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	16 Italian Baked Pasta w/ Garlic Toast BBQ Chicken Sandwich Hamburger Ham Chef Salad w/ Cheez Its American Wrap Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza	17 Cheese Enchiladas Baked Potato w/ Broccoli & Cheese Sauce Honduran Bean Quesadilla Crispy Chicken Chef Salad w/ Cheez Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza	18 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 Wacky Cake
21 Soft Beef Taco Country Steak Fingers Hot Ham & Cheese Sandwich Ham Chef Salad w/ Cheez Its Southwest Veggie Wrap Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza	22 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	23 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	24 Frito Pie Crispy Chicken Strips Hot Turkey & Cheese Sandwich Ham Chef Salad w/ Cheez Its Fruit & Cheese Plate w/ Cheez Its Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza	25 Mac n Cheese Hot Dog BBQ Chicken Sandwich Turkey Chef Salad w/ Cheez Its Italian Wrap Cheese Pizza Pepperoni Pizza Classic Supreme Pizza
28 	29 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	30 Manager's Choice Hot Main Entrée Manager's Choice Hot Main Entrée Manager's Choice Hot Sandwich Manager's Choice Chef Salad w/ Cheez Its Manager Choice Cold Sandwich or Sub or Wrap Manager's Choice Pizza	31 Manager's Choice Hot Main Entrée Manager's Choice Hot Main Entrée Manager's Choice Hot Sandwich Manager's Choice Chef Salad w/ Cheez Its Manager Choice Cold Sandwich or Sub or Wrap Manager's Choice Pizza	

Menu subject to change without notice

This institution is an equal opportunity provider and employer

 indicates this is a pork product