



**TULSA PUBLIC SCHOOLS MIDDLE SCHOOL/JR HIGH
LUNCH MENU – MAY 2018**



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 Crispy Chicken Strips w/ Waffle BBQ Chicken 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>2 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 Steamed Peas & Carrots</p>	<p>3 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 Cilantro Lime Rice Cowboy Bread</p>	<p>4 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>7 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>8 Spicy Crispy Orange Chicken Nacho Salad Ham Chef Salad w/Cheez Its Fruit & Cheese Plate w/ Cheez Its Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza</p> <p>Steamed Broccoli Festive Black Beans Spinach Salad Cilantro Lime Rice</p>	<p>9 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>10 Crispy Chicken Strips 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>11 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 Baby Carrots & Celery Sticks Spinach Salad</p>
<p>14 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>15 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>16 Italian Baked Pasta w/ Garlic Toast BBQ Chicken Sandwich American Wrap Ham Chef Salad w/ Cheez Its Cheese Pizza Veggie Supreme Pizza Buffalo Chicken Pizza</p> <p>Steamed Peas & Carrots Color of Italy Salad Spinach Salad</p>	<p>17 Enchiladas Baked Potato w/ Broccoli & Cheese Sauce Crispy Chicken Salad w/ Cheez Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p> <p>Celebrate Summer Salad Garden Salad Whole Wheat Roll</p>	<p>18 Crispy Chicken Strips w/ Waffle Cheeseburger Veggie Chef Salad w/ Cheez Its Turkey & Cheese Wrap Cheese Pizza Pepperoni Pizza Spicy Hawaiian Pizza</p> <p>Oven Baked Curly Fries BBQ Baked Beans Garden Salad Wacky Cake</p>
<p>21 Soft Beef Taco Country Steak Fingers Southwest Veggie Wrap Ham Chef Salad w/ Cheez Its Cheese Pizza Pepperoni Pizza Veggie Supreme Pizza</p> <p>Festive Black Beans Sweet Potato Fries Garden Salad Whole Wheat Roll</p>	<p>22 Sweet & Sour Chicken Cheese Nachos w/ Refried Beans Turkey Chef Salad w/ Cheez Its Ham & Cheese Sandwich Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza</p> <p>Steamed Broccoli Garden Salad Cilantro Lime Rice</p>	<p>23 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>24 Frito Pie Crispy Chicken Strips 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>25 Mac n Cheese Hot Dog Turkey Chef Salad w/ Cheez Its Italian Wrap Cheese Pizza Pepperoni Pizza Classic Supreme Pizza</p> <p>Steamed Mixed Vegetables Baby Carrots & Celery Sticks Spinach Salad</p>
<p>28</p> 	<p>29 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>30 Manager's Choice Hot Main Entrée Manager's Choice Hot Main Entrée Manager's Choice Chef Salad w/ Cheez Its Manager Choice Cold Sandwich or Sub or Wrap</p> <p>Manager's Choice Vegetable Manager's Choice Vegetable</p>	<p>31 Manager's Choice Hot Main Entrée Manager's Choice Hot Main Entrée Manager's Choice Chef Salad w/ Cheez Its Manager Choice Cold Sandwich or Sub or Wrap</p> <p>Manager's Choice Vegetable Manager's Choice Vegetable</p>	

Menu subject to change without notice.

This institution is an equal opportunity provider and employer

 indicates this is a pork product