






TULSA PUBLIC SCHOOLS - CHILD NUTRITION
FEBRUARY 2012
ELEMENTARY LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-30 Country Steak Fish Sticks Fruit & Cheese Plate w/ Whole Wheat Crackers Vegetarian Chef Salad w/ Whole Wheat Crackers Mashed Potatoes Seasoned Green Beans	1-31 Baked Potato w/ Ham & Cheese Cheeseburger Mac Southwest Veggie Wrap Turkey Chef Salad w/ Whole Wheat Crackers Steamed Baby Carrots Steamed Cauliflower	1 Spaghetti w/ Meat Sauce & Whole Wheat Garlic Toast Cheese Bread Sticks w/ Marinara Turkey & Cheese Sub on Whole Wheat Coney Bun Ham Chef Salad w/ Whole Wheat Crackers Colors of Italy Salad Ice Fruit Bar	2 Teriyaki Glazed Chicken Bean & Cheese Burrito American Wrap Turkey Chef Salad w/ Whole Wheat Crackers Confetti Brown Rice Steamed Broccoli	3 Chicken Nuggets Corn Dog Vegetarian Chef Salad w/ Whole Wheat Crackers Ham and Cheese Sandwich on Whole Wheat Bread French Fries BBQ Baked Beans
6 Frito Pie Cheese Pizza Chicken Salad Sandwich Turkey Chef Salad w/ Whole Wheat Crackers Sweet Potato Fries Steamed Broccoli	7 Soft Beef Taco Sweet and Sour Chicken w/ Confetti Brown Rice & Egg Roll Fruit & Cheese Plate w/ Whole Wheat Crackers Ham Chef Salad w/ Whole Wheat Crackers Golden Corn Stir Fry Vegetables	8 Pizza Pasta w/ Whole Wheat Garlic Toast Nacho Salad Vegetarian Chef Salad w/ Whole Wheat Crackers American Wrap Golden Corn Festive Black Beans	9 Crispy Baked Chicken Hot Meatball Sub on Whole Wheat Coney Veggie Rollup Crispy Chicken Salad w/ Whole Wheat Crackers Roasted Sweet Potatoes Green Beans	10 Fish Sticks Veggie Mac n Cheese Grilled Chicken on Whole Wheat Wrap Turkey Chef Salad w/ Whole Wheat Crackers Peas & Carrots Applesauce Cake
13 Country Steak Hot Turkey and Cheese on Whole Wheat Bun Southwest Veggie Wrap Ham Chef Salad w/ Whole Wheat Crackers Mashed Potatoes Green Beans Feb 12 Abe Lincoln's Birthday	14 Baked Potato w/ Buffalo Ranch Chicken Cheeseburger on Whole Wheat Bun Mediterranean Pasta Salad w/ Whole Wheat Crackers Turkey Chef Salad w/ Whole Wheat Crackers BBQ Baked Beans Steamed Broccoli w/ Cheese 	15 Chicken & Noodles w/ Whole Wheat Roll Grilled Cheese Sandwich Ham Chef Salad w/ Whole Wheat Crackers Turkey and Cheese Wrap Sweet Potato Fries Iced Fruit Bar	16 Baked BBQ Chicken Bean & Cheese Burrito Ham & Cheese on Whole Wheat Bread Chicken Fajita Salad w/ Whole Wheat Crackers Seasoned Potato Cubes Sautéed Spinach	NO SCHOOL TEACHERS PROFESSIONAL DAY
20 NO SCHOOL PRESIDENT'S DAY  	21 Mac n Cheese Hamburger on Whole Wheat Bun Turkey & Cheese Sandwich on Whole Wheat Bread Ham Chef Salad w/ Whole Wheat Crackers Sweet Potato Fries Peas & Carrots	22 Spaghetti w/Meat Sauce & Whole Wheat Garlic Toast Pepperoni Pizza Fruit & Cheese Plate w/ Whole Wheat Crackers Turkey Chef Salad w/ Whole Wheat Crackers Seasoned Green Beans Vanilla or Chocolate Pudding George Washington's Birthday	23 Tamale Pie Crispy Baked Chicken Vegetarian Chef Salad w/ Whole Wheat Crackers Hoagie Sandwich Mashed Potatoes Seasoned Green Beans	24 Chicken Nuggets Cheese Nachos Chicken Fajita Wrap Ham Chef Salad w/ Whole Wheat Crackers Festive Black Beans Steamed Broccoli
27 Country Steak Grilled Chicken Sandwich on Whole Wheat Bun Southwest Veggie Wrap Turkey Chef Salad w/ Whole Wheat Crackers Mashed Potatoes Green Beans	28 Baked Potato w/ Chili & Cheese Cheese Breadsticks w/Marinara Ham and Cheese on Whole Wheat Bread Crispy Chicken Salad w/ Whole Wheat Crackers Steamed Broccoli Golden Corn	29 Chicken Tetrastini Hot Turkey & Cheese Sandwich on Whole Wheat Bun Veggie Rollup Ham Chef Salad w/ Whole Wheat Crackers Peas & Carrots Warm Peach Crisp	½ PT. MILK AND GARDEN BAR OFFERED DAILY	

MENU SUBJECT TO CHANGE WITHOUT NOTICE,



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