



Tulsa MidHigh - April 2024

1% White Milk, Fat Free Chocolate Milk, and Water Served Daily

menus subject to change without notice

This Institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
4/1/2024	4/2/2024	4/3/2024	4/4/2024	4/5/2024
Corn Dogs Macaroni & Cheese Green Beans Sugar Cookie	Chicken & Waffles Potato Wedges Broccoli & Ranch Fruit	Crispy Chicken Sandwich Roasted Sweet Potatoes Buttered Corn Cookie	Frito Chili Pie w/ Cheese String Cheese Steamed Peas Chilled Peaches	Baked Ravioli / Marinara Diced Carrots Garlic Breadstick Apples
4/8/2024	4/9/2024	4/10/2024	4/11/2024	4/12/2024
Chicken Strips Mashed Potatoes Green Beans Dinner Roll	Santa Fe Wrap Sunchips Apple Sauce Cookie	Philly Cheesesteak Hoagie Tater Tots Fresh Veggies & Ranch Orange Halves	Italian Calzones Greek Salad Fresh Fruit Salad Cookie	Grilled Cheese Sandwiches Tomato Soup House Salad w/ Ranch Fresh Fruit
4/15/2024	4/16/2024	4/17/2024	4/18/2024	4/19/2024
Pancakes & Syrup Breakfast Sausage Hashbrown Potatoes Diced Fruit	Chicken Alfredo Green Beans Garlic Bread Diced Fruit	Quesadillas Cheese Refried Beans Mexi Rice Cookie	Chicken Nuggets Tater Tots Buttered Corn Orange Smiles	Bagel Pizzas Fresh Fruit Fresh Veggies & Ranch Pudding Cup
4/22/2024	4/23/2024	4/24/2024	4/25/2024	4/26/2024
Hot Dogs Broccoli & Cheese Diced Fruit Macaroni & Cheese	Chicken Soft Tacos Elote Pinto Beans Chips & Queso	Ham & Cheese on a Croissant Potato Chips Celery & Carrot Sticks Cookie	Grilled Cheeseburger Ranch Potato Wedges Broccoli Salad Chilled Peaches	Cheese Enchiladas Pinto Beans Spanish Rice Churro
4/29/2024	4/30/2024	5/1/2024	5/2/2024	5/3/2024
Chicken Parmesan Spaghetti Pasta Mixed Vegetables Garlic Toast	Benchmark California Wrap Sunchips Apple Sauce Cookie			

BREAKFAST - REPEATS WEEKLY

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Assorted Cereal Fruit French Toast Milk Juice Box Water Available	Assorted Cereal Fruit Egg & Sausage Biscuit Milk Juice Box Water Available	Assorted Cereal Fruit Pancakes Milk Juice Box Water Available	Assorted Cereal Fruit Donuts Milk Juice Box Water Available	Assorted Cereal Fruit Biscuits & Gravy Milk Juice Box Water Available