

**BAHS CAFÉ & STUDENT UNION**
**WEEK March 11 – March 15**

	Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15	
O N A B U N	Spicy Chicken Sandwich <b>42g</b>  Tots <b>14.1g</b>  Carrots/celery <b>4.2g</b>	Chicken Filet <b>44g</b> Deli fries <b>24.7g</b> Carrots <b>8.8g</b>	Hamburger <b>28g</b> or Cheeseburger <b>29g</b> Waffle fries <b>22.5g</b> Broccoli <b>8g</b>	BBQ Cheeseburger <b>13.2g</b> Wedges <b>15.2g</b>		<p>All entrees are served with a choice of milk.</p> <p>Daily selections available w, baby carrots, green salad, beans, and seasonal vegetables.</p> <p>Visit Fresh Fusion in the Student Union for boxed sandwiches, salad lunches, and yogurt/fruit parfaits.</p> <p>Don't forget our coffee bar for quick beverages and grab-n-go snacks.</p> <p>Discover new dipping sauces.</p> <p>Carb counts are listed in <b>red</b> by the food item.</p> <p>For Cici's pizza, boxed salads, milk, hot and cold sandwiches carb counts – <a href="#">see list</a></p> <p>Broken Arrow Public Schools is an equal opportunity provider and employer.</p>
S E R R A N O	Burrito/Nacho Bar- <a href="#">see list</a>	Walking Nachos - <a href="#">see list</a>	Burrito/Nacho Bar- <a href="#">see list</a>	Burrito/Taco Bar- <a href="#">see list</a>		
L O C A L	Chicken pot pie <b>24.9g</b> Apple crisp <b>47.1g</b> Biscuit <b>30g</b>  Broccoli & cauliflower	Walking Nachos - <a href="#">see list</a>	Salisbury steak <b>4.1g</b> Mashed Potatoes <b>18.2g</b> / brown gravy <b>7.7g</b> Blueberry Square <b>30.4g</b>	Beef Pad Thai <b>19.2g</b> Asian Dumplings <b>16g</b> Stir fry veg <b>2.5g</b> brown rice <b>35g</b>		
C O O P	Spicy Chicken Strips <b>6.1g</b>  Tots <b>14.1g</b>  WW Roll <b>25.5g</b>	Chicken Tenders <b>16.1g</b> Hot roll <b>25.5g</b> Deli fries <b>25g</b> Carrots <b>8.8g</b>	Nashville hot chicken <b>1g</b> Waffle fries <b>22.5g</b> WW Roll <b>25.5g</b> Broccoli <b>8g</b>	Chicken Chunk <b>15g</b> Roll <b>25.5g</b> Wedges <b>15.2g</b>  Glazed carrots <b>22.3g</b>		
T R A T T O R I A	Cici's Pizza- <a href="#">see list</a>	Cici's Pizza- <a href="#">see list</a>	Cici's Pizza- <a href="#">see list</a>	Cici's Pizza- <a href="#">see list</a>		
W O K I N	Teriyaki chicken <b>28.1g</b> Brown rice <b>35g</b> Midori veg. <b>9.4g</b>	Honey Sriracha chicken <b>34g</b> brown rice <b>35g</b> Kyoto veg <b>9.3g</b>	Orange Chicken <b>38.4g</b> , Brown Rice <b>35g</b>  Oriental Veg <b>2.7g</b>	General Tso Chicken <b>36.5g</b>  Stir fry veg <b>2.5g</b>  brown rice <b>35g</b>		

Menus subject to change / Students must select a fruit or vegetable to have a complete meal according to federal guidelines

Students must take a fruit or vegetable to have a qualifying meal