

BAHS CAFÉ & STUDENT UNIONWEEK March 4-8th

	Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8		
ONABUN	Pretzel Burger 30g Tots 14.1g Peas 12.4g	Hot Dog 62g Crinkle Fries 15.5g Carrots 8.7g	Spicy Chicken Sandwich 42g Potato wedges 7g Roasted Broccoli 7.6g	Chicken Fried Steak Sandwich 42g Tots 14g Green Beans 4.9g	Hamburger 28g or Cheeseburger 29g Spiral Fries 16.9g Baked beans 36g	All entrees are served with a choice of milk. Daily selections available include, baby carrots, green salad, beans, and seasonal vegetables. Visit Fresh Fusion in the Student Union for boxed sandwiches, salad lunches, and yogurt/fruit parfaits. Don't forget our coffee bar for quick beverages and grab-n-go snacks.	Discover new dipping sauces. Carb counts are listed in red by the food item. For Cici's pizza, boxed salads, milk, hot and cold sandwiches carb counts – see list Broken Arrow Public Schools is an equal opportunity provider and employer.
SERRANO	Burrito/Nacho Bar -see list	Walking Nachos -see list	Burrito/Nacho Bar -see list	Burrito/Taco Bar -see list	Burrito/Nacho Bar -see list		
LOCAL	Mac & Cheese 26.5g Cowboy Bread 28.9g Peas 12.4g	Walking Nachos -see list	Roasted Chicken Wings 1.7g Roasted Broccoli 8g Chocolate Chip Cookies	Beef Fingers 19.3g Mashed Potatoes 18.2g gravy 5.9g WW Roll 25.5g Green Beans 4.9g	Chicken Fried Steak 14g Mashed Potatoes 18.2g gravy 5.9g WW Roll 25.5g Baked beans 36.2g		
COOP	Spicy Chicken Tenders 6.1g roll 25.5g Tots 14.1g Peas 12.4g	Nashville Hot 1g Crinkle Fries 15.5g Carrots 8.7g Roll 25.5g	Popcorn Chicken 15g Roll 25.5g Potato wedges 7.5g Roasted Broccoli 7.6g	Chicken Chunk 15g Roll 25.5g Spiral Fries 16g Green Beans 4.9g	Chicken Tenders 16.1g Roll 25.5g Spiral Fries 16.9g Baked beans 36.2g		
TRATTORIA	Cici's Pizza -see list	Cici's Pizza -see list	Cici's Pizza -see list	Cici's Pizza -see list	Cici's Pizza -see list		
WOKIN	Teriyaki Chicken 28.1g Brown Rice 35g , Stir-fry veg 5.3g	Honey Sriracha chicken 34g brown rice 35g Midori veg. 9.4g	Orange Chicken 38.4g brown rice 35g , Kyoto veg 9.3g	General Tso Chicken Brown Rice 35g , oriental veg 2.7g	Cherry Blossom Chicken 41.7g Brown Rice 35g Stir-fry veg 5.3g ,		

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

