| BAHS WEEK March 25-29 |  |  |  |  |  |  |
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|  | Monday, March 25 Tuesday, March 26 |  | Wednesday, March | Friday, March 29 |  |  |
| $\begin{aligned} & \mathrm{O} \\ & \mathrm{~N} \\ & \mathrm{~A} \\ & \mathrm{~B} \\ & \mathrm{U} \\ & \mathrm{~N} \end{aligned}$ | Chicken Filet Sandwich 42g <br> Potato wedges 15.2 g | Hamburger 28g <br> Cheeseburger 29g <br> Baked beans 36.2 g | Grilled Cheese 35g Marinara sauce 6.5 g Crinkle fries 15.9 g | Spicy Chicken Sandwich 19g <br> Sandwich garnish <br> Tots 14.1 g | BBQ Cheeseburger 13.2g Waffle fries 22.5 g | All entrees are served with a choice of milk. |
| $\begin{aligned} & \hline \mathrm{S} \\ & \mathrm{E} \\ & \mathrm{R} \\ & \mathrm{R} \\ & \mathrm{~A} \\ & \mathrm{~N} \\ & \mathrm{O} \end{aligned}$ | Burrito/Taco Bar-see list | Walking Nachos see list | Burrito/Taco Bar-see list | Burrito/Taco Bar-see list | Burrito/Taco Bar-see list | seasonal vegetables. <br> Visit Fresh Fusion in the Student Union for boxed sandwiches, salad lunches, and yogurt/fruit parfaits. |
| $\begin{aligned} & \mathrm{L} \\ & \mathrm{O} \\ & \mathrm{C} \\ & \mathrm{~A} \\ & \mathrm{~L} \end{aligned}$ | Fish nuggets 34.8 g WW Roll 25.5 g Cole slaw 19.2g | Walking Nachos see list | Drumsticks 5.8g <br> Mashed potatoes 18.2 g <br> Brown gray 3.3g <br> Banana Bread 31.6 g <br> Carrots 8.8 g | Spaghetti 34 g w/ meat sauce 7.8 g Garlic Bread 26.3g Side salad 1.5g | Chicken Fried Steak 14g <br> Mashed Potatoes 18.2g gravy 5.9 g <br> WW Roll 25.5 g | Don't forget our coffee bar for quick beverages and grab-n-go snacks. <br> Discover new dipping sauces. |
|  |  |  |  |  |  | Carb counts are listed in red by the food item |
| $\begin{aligned} & \hline \mathrm{C} \\ & \mathrm{o} \\ & \mathrm{O} \\ & \mathrm{P} \end{aligned}$ | Chicken Tenders 16.2g WW Roll 25.5 g Potato wedges 15.2g | Nashville hot 0.6 g WW Roll 25.5 g Baked beans 36.2 g | Popcorn chicken 15g WW Roll 25.5 g Crinkle fries 15.9 g | Chicken chunks 14.9g <br> WW Roll 25.5 g <br> Tots 14.1 g |  | the food item. <br> For Cici's pizza, boxed salads, milk, hot and cold sandwiches carb counts - see list |
| $\begin{aligned} & \hline \mathrm{T} \\ & \mathrm{R} \\ & \mathrm{~A} \\ & \mathrm{~T} \\ & \mathrm{~T} \\ & \mathrm{O} \\ & \mathrm{R} \\ & \mathrm{I} \\ & \mathrm{~A} \\ & \hline \end{aligned}$ | 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 |  |
| $\begin{aligned} & \hline \text { W } \\ & \text { O } \\ & \text { K } \\ & \text { I } \\ & \text { N } \end{aligned}$ | Teriyaki chicken 28.1 g Brown rice 35 g Stir fry veg 5.3 g | Honey sriracha 34 g <br> Midori veg 9.4 g <br> Brown rice 35 g | Orange chicken 38.4 g Kyoto 9.3g, <br> Brown rice 35 g | General Tso Chicken 36.5 g <br> Oriental veg 2.7 g <br> Brown rice 35 g | Cherry Blossom Chicken <br> 41.7g <br> Brown Rice 35 g <br> Stir-fry veg 5.3g, | Broken Arrow Public Schools is an equal opportunity provider and employer. |

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[^0]:    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

