

THIS WEEK'S WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF THE MEDITERRANEAN.



EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

FAST TAKES

**IN A HURRY,
NO WORRY!**

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese or Ham and Cheese



Fresh Baked Bread Offered Daily with Salad



CHECK THIS OUT!

Pesto chicken salad or sub on an Italian roll with diced tomatoes, black olives and mozzarella cheese.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

OTHER DAILY OPTIONS

Seasoned Flaked Tuna or Hummus



TRY THIS ONE!

Pesto chicken salad or sub on an Italian roll with diced tomatoes, black olives and mozzarella cheese.



GRILL

EVERYDAY SELECTIONS

Classic Cheeseburger
Crispy Chicken Sandwich

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Monday Crispy Fish Sandwich

Tuesday Rib-B-Que

Wednesday Toasted Cheese

Thursday Chicken Tender Sandwich

Friday Bacon Cheeseburger

Offered with Veggie Sticks or French Fries

PIZZA

EVERYDAY SELECTIONS

Pepperoni Pizza
Cheese Pizza

Offered with Toasted Garlic Caesar Salad

DAILY PASTA OPTIONS

Home-style Cheddar Mac



Fresh Baked Bread Offered Daily with Pasta



SHAKE IT UP!

Pesto chicken pizza topped with pesto chicken, diced tomatoes, roasted garlic and garlic Parmesan sauce.

This week in GLOBAL



Choice of: Lo Mein Noodles, Steamed Brown Rice or Oven Fried Brown Rice

EVERYDAY SELECTIONS

Sweet & Sour Chicken

Monday Teriyaki Beef

Tuesday General Tso Chicken

Wednesday Spicy Orange Chicken

Thursday Teriyaki BBQ

Friday Creamy Sriracha Chicken

Choice of Side: Sesame Roasted Carrots or Roasted Broccoli

KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Pesto Ranch

A fresh pesto basil blended with buttermilk and Greek yogurt.

Spicy Italian

A blend of Italian salad dressing and grated Parmesan cheese with spicy crushed red pepper and Greek yogurt.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.

This week in ADVENTURE



Crispy Chicken Tenders

Served with Garlic Knots and your choice of French Fries or Carrot and Celery Sticks

Sauce Choices

Monday Classic BBQ, Sriracha Ranch or Maple Mustard

Tuesday Buffalo, Tangy Orange or Asian Sweet Chili

Wednesday Classic BBQ, Sriracha Ranch or Maple Mustard

Thursday Buffalo, Tangy Orange or Asian Sweet Chili

Friday Classic BBQ, Sriracha Ranch or Maple Mustard

DECEMBER 3-7

OWASSO HIGH SCHOOL

Additional nutrition information available upon request.