

BAFA Menu

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

Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
Cici's Pizza- see list	Cici's Pizza- see list	Cici's Pizza- see list	Cici's Pizza- see list	
Teriyaki Chicken 28g brown rice 35g Kyoto veg 9.3g	Honey Sriracha chicken 34g brown rice 35g Oriental veg 2.7g	Orange Chicken 38.4g , Brown Rice 35g Stir Fry Veg 5.3g	General Tso Chicken 36.5g , Brown Rice 35g Midori veg. 9.4g	No School
Chicken Wings 1.7g Hot Roll 25.5g Fresh carrots and celery	Salisbury steak 4.1g Mashed Potatoes 18.2g / brown gravy 3.3g Blueberry squares 30.4g Glazed carrots 22.3g	Taco Flatbread 48.6g Salsa 2g	Chicken Parm 16.5g Spaghetti 42.9g Garlic bread salad	
Grilled Chicken Sandwich 29g Apple Crisp 47.1g Fresh Broccoli & Cauliflower 2g	Hot ham and cheese 29g Green beans 5g	Nashville hot 0.6g Wedges 15.2g WW Roll 25.5g	Hamburger 28g Cheeseburger 29g Tots 14.1g	
Mandarin Oranges 20.1g	Strawberries 13.4g	Mixed fruit 17.8g	Grapes 7.9g	

Daily selections available w, baby carrots, green salad, beans, and seasonal vegetables.

Don't forget our coffee bar for quick beverages and grab-n-go snacks.

Carb counts are listed in [red](#) by the food item.

Broken Arrow Public Schools is an equal opportunity provider and employer.