

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 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
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
Teriyaki Chicken 28g 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 36.5g , Brown Rice 35g Oriental veg 2.7g	Cherry Blossom Chicken 41.7g , Brown Rice 35g , Stir Fry Veg 5.3g
Fish nuggets 34.7g Roll 25.5g Cole slaw 19.2g	Chicken Drumsticks 5.8g Mashed Potatoes 18.2g / brown gravy 3.3g Glazed carrots 22.3g	Soft Tacos 35g Black bean & corn salsa 29g	Spaghetti 34g Spaghetti Sauce 7.8g Garlic Bread 26.3g Mixed Salad 1.5g	Chicken Fried Steak 14g Mashed Potatoes 18.2g /gravy 7.7g WW Roll 25.5g Baked Beans 36.2g
Chicken tenders 16.1g Roll 25.5g Potato wedges 15.2g	Hamburger 28g Cheeseburger 29g Baked beans 36.2g	Popcorn chicken 15g Hot roll 25.5g Crinkle fries 15.9g	Grilled Cheese 35g Tots 14.1g	Spicy chicken sandwich 19g Spiral fries 16.9g
Mandarin Oranges 20.1g	Strawberries 13.4g	Mixed fruit 17.8g	Grapes 7.9g	Diced Pears 19g

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.