

## **EAST MID HIGH**

	<u><b>10/09</b></u>	<u><b>10/10</b></u>	<u><b>10/11</b></u>	<u><b>10/12</b></u>	<u><b>10/13</b></u>
<b>Lunch</b>		Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Grapes, Fresh	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Grapes, Fresh	BBQ Chop Brisket Sandwich Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Grapes, Fresh	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Corn Bread Muffin Grapes, Fresh

## **ELEMENTARY SCHOOLS**

	<u><b>10/09</b></u>	<u><b>10/10</b></u>	<u><b>10/11</b></u>	<u><b>10/12</b></u>	<u><b>10/13</b></u>
<b>Lunch</b>		Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Grapes, Fresh	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Grapes, Fresh	BBQ Chop Brisket Sandwich Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Grapes, Fresh	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Corn Bread Muffin Grapes, Fresh

# PONCA CITY HIGH SCHOOL

	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>	<u>10/12</u>	<u>10/13</u>
<b>Retro</b>		Cheeseburger Tater Tots Baked Beans (Vegetarian) Tossed Salad Fruit, Fresh Assorted	Chicken Strip Panko Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Grilled Chicken Sandwich Chicken Wrap Baby Carrots Pasta Salad Fruit, Fresh Assorted	Stuffed Crust Pizza Broccoli w/Cheese Tossed Salad Fruit, Fresh Assorted
<b>CHIX</b>		Popcorn Chicken Chicken Chunk Honey BBQ Cheese Sticks French Fries Fruit, Fresh Assorted	Chicken Strip Panko Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Chicken Buffalo Chunk Corn Dog Steack, Chicken Fried French Fries Dinner Roll Fruit, Fresh Assorted	Pizza, Cheese Mini Tacos Thai Chicken French Fries Dinner Roll Fruit, Fresh Assorted
<b>My Way Café</b>		<u>Mexican Kiosk</u> Cheese Enchilada Enchilada Beef Taco Bar Mexi Beans Mexi Rice ----- <u>Italian/Sub/Asian Kiosk</u> Combo Sub Deli Sub Combo 3" Sub Wg Ham Sub Rb Sub Spicy Sub Submarine Hoggie Tuna Sub	<u>Mexican Kiosk</u> Pork Season Cuban Tortilla Whole 12" Mission Salsa, Fresh Pico de Gallo Lettuce, Shredded Cheese, Shredcheddar Mexi Beans Mexi Rice Tortilla, Fried Bowl Taco Meat  -----	<u>Mexican Kiosk</u> Cheese Enchilada Enchilada Beef Taco Bar Mexi Beans Mexi Rice ----- <u>Italian/Sub/Asian Kiosk</u> Combo Sub Deli Sub Combo 3" Sub Wg Ham Sub Rb Sub Spicy Sub Submarine Hoggie Tuna Sub Mexi Rice	<u>Mexican Kiosk</u> Pork Season Cuban Tortilla Whole 12" Mission Salsa, Fresh Pico de Gallo Lettuce, Shredded Cheese, Shredcheddar Mexi Beans Mexi Rice Tortilla, Fried Bowl Taco Meat  -----

			<u>Italian/Sub/Asian Kiosk</u> Chicken Alfredo with a Twist Pasta Noodles Twisted Mozz. Breadstick Salad, Chicken Caesar		<u>Italian/Sub/Asian Kiosk</u> Chicken Alfredo with a Twist Pasta Noodles Twisted Mozz. Breadstick Salad, Chicken Caesar
<b>On the Fly</b>		Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted	Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted	Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted	Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted

## ST. MARY'S

	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>	<u>10/12</u>	<u>10/13</u>
<b>Lunch</b>	Sack Lunch, Ham Elementary	Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Grapes, Fresh	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Grapes, Fresh	BBQ Chop Brisket Sandwich Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Grapes, Fresh	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Corn Bread Muffin Grapes, Fresh

## WASHINGTON PRE-K CENTER

	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>	<u>10/12</u>	<u>10/13</u>
<b>Lunch</b>		Tangerine Chicken Peas Brown Rice Pilaf Grapes, Fresh	Chicken Strips Mashed Potatoes Grapes, Fresh	BBQ Chop Brisket Sandwich Green Beans Grapes, Fresh	Bosco Stick Marinara Sauce Corn Grapes, Fresh

## WEST MIDDLE SCHOOL

	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>	<u>10/12</u>	<u>10/13</u>
<b>Lunch</b>		Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Grapes, Fresh	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Grapes, Fresh	BBQ Chop Brisket Sandwich Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Grapes, Fresh	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Corn Bread Muffin Grapes, Fresh