

## **EAST MID HIGH**

	<u><b>11/13</b></u>	<u><b>11/14</b></u>	<u><b>11/15</b></u>	<u><b>11/16</b></u>	<u><b>11/17</b></u>
<b>Lunch</b>	Grilled Chicken Sandwich Tossed Salad Baked Beans Baby Carrots Mixed Fruit	Mini Corn Dogs Mac & Cheese Tossed Salad Broccoli, Steamed Seasoned Black Beans Mixed Fruit	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Mixed Fruit	Turkey and Dressing Supreme Dressing, Cornbread Fruit Salad Sweet Potato, Candied Sugar Cookie Mixed Fruit	Artisan Sausage Pizza Corn Salad Italian Vegetables Tossed Salad Mixed Fruit

## **ELEMENTARY SCHOOLS**

	<u><b>11/13</b></u>	<u><b>11/14</b></u>	<u><b>11/15</b></u>	<u><b>11/16</b></u>	<u><b>11/17</b></u>
<b>Lunch</b>	Pretzel Cheese Sauce Grilled Chicken Sandwich Carrot Sticks Baked Beans Pineapple Tidbits	Mini Corn Dogs Mac & Cheese Tossed Salad Seasoned Black Beans Harvest Cheddar Sun Chip Pineapple Tidbits	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Pineapple Tidbits	Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Pineapple Tidbits	Artisan Sausage Pizza Italian Vegetables Corn Salad Brownie, Chocolate Pineapple Tidbits

# PONCA CITY HIGH SCHOOL

	<u>11/13</u>	<u>11/14</u>	<u>11/15</u>	<u>11/16</u>	<u>11/17</u>
<b>Retro</b>	Steak Fingers Wildcat Burger Potato Spirals Glazed Carrots Tossed Salad Fruit, Fresh Assorted	Cheeseburger Baked Beans French Fries Tossed Salad Fruit, Fresh Assorted	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Turkey Breast Sliced w/Gravy Dressing, Cornbread Sweet Potato, Candied Mashed Potatoes Pumpkin Pie Cranberry Sauce: Canned, Swtnd Fruit, Fresh Assorted	Mac & Cheese Vegetables, California Blend Tossed Salad Cherry Tomatoes Fruit, Fresh Assorted
<b>CHIX</b>	Chicken Strips Mini Corn Dogs Chicken Cheese Crispito French Fries Fruit, Fresh Assorted Dinner Roll	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> Taco Meat Tortilla, Whole Grain, Frozen Mexi Rice Salsa, Fresh Pico de Gallo Mexi Beans Cheese, Shredcheddar Lettuce, Shredded Pork, Season Cuban Tortilla, Fried Bowl -----	<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> Lemongrass Chicken Tangerine Chicken Chicken, Teriyaki Rice, Brown Wholegrain Noodles, Chinese, Chow Mein Oriental Vegetables Broccoli, Steamed		<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	Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted

## ST. MARY'S

	<u>11/13</u>	<u>11/14</u>	<u>11/15</u>	<u>11/16</u>	<u>11/17</u>
<b>Lunch</b>	Grilled Chicken Sandwich Tossed Salad Carrot Sticks Mixed Fruit	Mini Corn Dogs Mac & Cheese Tossed Salad Broccoli, Steamed Seasoned Black Beans Mixed Fruit	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Mixed Fruit	Turkey Breast Sliced w/Gravy Dressing, Cornbread Fruit Salad Sweet Potato, Candied Sugar Cookie	Artisan Sausage Pizza Corn Salad Italian Vegetables Tossed Salad Mixed Fruit

## WASHINGTON PRE-K CENTER

	<u>11/13</u>	<u>11/14</u>	<u>11/15</u>	<u>11/16</u>	<u>11/17</u>
<b>Lunch</b>	Grilled Chicken Sandwich Carrot Sticks Pineapple Tidbits	Mac & Cheese Tossed Salad Seasoned Black Beans Pineapple Tidbits	Chik N' Fry Stix Mashed Potatoes Pineapple Tidbits	Mini Twin Sliders Green Beans Pineapple Tidbits	Artisan Sausage Pizza Italian Vegetables Pineapple Tidbits

## WEST MIDDLE SCHOOL

	<u>11/13</u>	<u>11/14</u>	<u>11/15</u>	<u>11/16</u>	<u>11/17</u>
<b>Lunch</b>	Pretzel Cheese Sauce Grilled Chicken Sandwich Carrot Sticks Baked Beans Pineapple Tidbits	Mini Corn Dogs Mac & Cheese Tossed Salad Seasoned Black Beans Harvest Cheddar Sun Chip Pineapple Tidbits	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Pineapple Tidbits	Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Pineapple Tidbits	Artisan Sausage Pizza Italian Vegetables Corn Salad Brownie, Chocolate Pineapple Tidbits