

## **EAST MID HIGH**

	<u><b>12/04</b></u>	<u><b>12/05</b></u>	<u><b>12/06</b></u>	<u><b>12/07</b></u>	<u><b>12/08</b></u>
<b>Lunch</b>	Rib Patty Sandwich French Bread Pizza Baked Beans Glazed Carrots Mandarin Oranges	Chicken Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Mandarin Oranges	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges	Pollack Strips Chopped BBQ Sandwich Ranch Dressing Baby Carrots Tossed Salad Mandarin Oranges	Chicken Parmesan Cheese Stick Bosco Marinara Sauce Corn Garbonza Bean Salad Mandarin Oranges

## **ELEMENTARY SCHOOLS**

	<u><b>12/04</b></u>	<u><b>12/05</b></u>	<u><b>12/06</b></u>	<u><b>12/07</b></u>	<u><b>12/08</b></u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Mandarin Oranges	Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Mandarin Oranges	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges	BBQ Chop Brisket Sandwich Pollack Strips Tossed Salad Carrot Sticks Potato Crispwedge Mandarin Oranges	Bosco Stick Marinara Sauce Chicken Parmesan Corn Bread Muffin Corn Garbonza Bean Salad Mandarin Oranges

# PONCA CITY HIGH SCHOOL

	<u>12/04</u>	<u>12/05</u>	<u>12/06</u>	<u>12/07</u>	<u>12/08</u>
<b>Retro</b>	Steak, Chicken Fried Potato Wedge Baked Beans Tossed Salad Fruit, Fresh Assorted	Cheeseburger Potatoes, Tater Tots Baked Beans (Vegetarian) Tossed Salad Fruit, Fresh Assorted	Chicken Strip Panko Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Chicken and Noodles Grilled Chicken Sandwich Baby Carrots Jello Fruit, Fresh Assorted	Stuffed Crust Pizza Broccoli w/Cheese Tossed Salad 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>12/04</u>	<u>12/05</u>	<u>12/06</u>	<u>12/07</u>	<u>12/08</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Mandarin Oranges	Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Mandarin Oranges	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges	BBQ Chop Brisket Sandwich Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Mandarin Oranges	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Corn Bread Muffin Mandarin Oranges

## WASHINGTON PRE-K CENTER

	<u>12/04</u>	<u>12/05</u>	<u>12/06</u>	<u>12/07</u>	<u>12/08</u>
<b>Lunch</b>	Pepperoni Pizza Glazed Carrots Mandarin Oranges	Tangerine Chicken Peas Brown Rice Pilaf Mandarin Oranges	Chicken Strips Mashed Potatoes Dinner Roll Mandarin Oranges	BBQ Chop Brisket Sandwich Green Beans Mandarin Oranges	Bosco Stick Marinara Sauce Corn Mandarin Oranges

## WEST MIDDLE SCHOOL

	<u>12/04</u>	<u>12/05</u>	<u>12/06</u>	<u>12/07</u>	<u>12/08</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Mandarin Oranges	Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Mandarin Oranges	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges	BBQ Chop Brisket Sandwich Pollack Strips Tossed Salad Carrot Sticks Potato Crispwedge Mandarin Oranges	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Corn Bread Muffin Mandarin Oranges