

EAST MID HIGH

	<u>02/19</u>	<u>02/20</u>	<u>02/21</u>	<u>02/22</u>	<u>02/23</u>
Lunch	Turkey Sandwich Pineapple Tidbits Sandwich, Turkey Ham Salad, Ham Chef PBJ Twin Pack Salad, Turkey Chef Crispy Chicken Salad Juice, 100% Assortment Milk, 1% Lowfat H	Mini Corn Dogs Tossed Salad Broccoli, Steamed Seasoned Black Beans Pears: Canned, Light Syrup	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Pears: Canned, Light Syrup	Hot Dog Chili Lemongrass Chicken Brown Rice Pilaf Cherry Tomatoes Tossed Salad Pears: Canned, Light Syrup	Artisan Cheese Pizza Artisan Sausage Pizza Corn Salad Italian Vegetables Tossed Salad Pears: Canned, Light Syrup

ELEMENTARY SCHOOLS

	<u>02/19</u>	<u>02/20</u>	<u>02/21</u>	<u>02/22</u>	<u>02/23</u>
Lunch	Turkey Sandwich Sandwich, Turkey Ham Salad, Ham Chef Salad, Turkey Chef Salad, Yogurt/Seasonal Mozz	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 Pineapple Tidbits

PONCA CITY HIGH SCHOOL

	<u>02/19</u>	<u>02/20</u>	<u>02/21</u>	<u>02/22</u>	<u>02/23</u>
Retro	Sandwich, Turk/Ham/Ch Sandwich, Tuna Salad Sandwich, Ww Assortment Sandwich, Chicken Salad Crispy Chicken Salad Salad, Garden Chef w/Egg Salad, Ham Chef	Cheeseburger Baked Beans French Fries Tossed Salad Fruit, Fresh Assorted	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Nacho Bites Chili/Cheesei Dog Tossed Salad Broccoli w/Cheese Jello Fruit, Fresh Assorted	Mac & Cheese Vegetables, California Blend Tossed Salad Cherry Tomatoes Fruit, Fresh Assorted
CHIX	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
My Way Café	<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>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>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> Combo Sub Deli Sub Combo 3" Sub Wg Ham Sub Rb Sub Spicy Sub Submarine Hoggie Tuna Sub	<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> Combo Sub Deli Sub Combo 3" Sub Wg Ham Sub Rb Sub Spicy Sub Submarine Hoggie Tuna Sub Mexi Rice	<u>Italian/Sub/Asian Kiosk</u> Chicken Alfredo with a Twist Pasta Noodles Twisted Mozz. Breadstick Salad, Chicken Caesar
On the Fly	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>02/19</u>	<u>02/20</u>	<u>02/21</u>	<u>02/22</u>	<u>02/23</u>
Lunch	Sandwich, Turkey Ham Salad, Ham Chef PBJ Twin Pack Salad, Turkey Chef Crispy Chicken Salad Juice, 100% Assortment Milk, 1% Lowfat H	Mini Corn Dogs Mac & Cheese Tossed Salad Broccoli, Steamed Seasoned Black Beans Pears: Canned, Light Syrup	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Pears: Canned, Light Syrup	Lemongrass Chicken Mini Twin Sliders Brown Rice Pilaf Cherry Tomatoes Tossed Salad Pears: Canned, Light Syrup	Artisan Cheese Pizza Corn Salad Italian Vegetables Tossed Salad Pears: Canned, Light Syrup

WASHINGTON PRE-K CENTER

	<u>02/19</u>	<u>02/20</u>	<u>02/21</u>	<u>02/22</u>	<u>02/23</u>
Lunch		Mac & Cheese 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>02/19</u>	<u>02/20</u>	<u>02/21</u>	<u>02/22</u>	<u>02/23</u>
Lunch	Sandwich, Turkey Ham Turkey Sandwich Salad, Ham Chef Salad, Turkey Chef Salad, Yogurt/Seasonal Mozz	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 Pineapple Tidbits