

## **EAST MID HIGH**

	<u><b>04/09</b></u>	<u><b>04/10</b></u>	<u><b>04/11</b></u>	<u><b>04/12</b></u>	<u><b>04/13</b></u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Glazed Carrots Baked Beans Mandarin Oranges	Tangerine Chicken Nachos Meat & Cheese Tossed Salad Glazed Carrots Brown Rice Pilaf Mandarin Oranges	Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges	BBQ Sandwich Pollack Strips Baby Carrots Tossed Salad Potato Wedge Mandarin Oranges	Chicken Parmesan Cheese Stick Bosco Marinara Sauce Bean Salad Corn Mandarin Oranges

## **ELEMENTARY SCHOOLS**

	<u><b>04/09</b></u>	<u><b>04/10</b></u>	<u><b>04/11</b></u>	<u><b>04/12</b></u>	<u><b>04/13</b></u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Orange, Fresh Wedges	Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Orange, Fresh Wedges	Chicken & Noodles Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Orange, Fresh Wedges	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Orange, Fresh Wedges

# PONCA CITY HIGH SCHOOL

	<u>04/09</u>	<u>04/10</u>	<u>04/11</u>	<u>04/12</u>	<u>04/13</u>
<b>Retro</b>	Steak, Chicken Fried Potato Spirals 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	Grilled Chicken Sandwich Chicken & Noodles Baby Carrots Fruit, Fresh Assorted Jello	Stuffed Crust Pizza Pepperoni 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>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
<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>04/09</u>	<u>04/10</u>	<u>04/11</u>	<u>04/12</u>	<u>04/13</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Glazed Carrots Baked Beans Mandarin Oranges	Tangerine Chicken Nachos Meat & Cheese Tossed Salad Glazed Carrots Brown Rice Pilaf Mandarin Oranges	Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges	BBQ Sandwich Pollack Strips Baby Carrots Tossed Salad Potato Wedge Mandarin Oranges	Chicken Parmesan Cheese Stick Bosco Marinara Sauce Bean Salad Corn Mandarin Oranges

## WASHINGTON PRE-K CENTER

	<u>04/09</u>	<u>04/10</u>	<u>04/11</u>	<u>04/12</u>	<u>04/13</u>
<b>Lunch</b>	Pepperoni Pizza Glazed Carrots Orange, Fresh Wedges	Tangerine Chicken Peas Brown Rice Pilaf Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Orange, Fresh Wedges	Rib Patty Sandwich Green Beans Orange, Fresh Wedges	Bosco Stick Marinara Sauce Corn Orange, Fresh Wedges

## WEST MIDDLE SCHOOL

	<u>04/09</u>	<u>04/10</u>	<u>04/11</u>	<u>04/12</u>	<u>04/13</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Orange, Fresh Wedges	Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Orange, Fresh Wedges	Chicken & Noodles Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Orange, Fresh Wedges	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Corn Bread Muffin Orange, Fresh Wedges