

## EAST MID HIGH

	<u>08/20</u>	<u>08/21</u>	<u>08/22</u>	<u>08/23</u>	<u>08/24</u>
<b>Lunch</b>	Chicken Patty Sandwich Burrito Cheese Sauce Glazed Carrots Mexi Beans Watermelon Chunks	Cheese Enchilada Steak Fingers Biscuit Scalloped Potatoes Tossed Salad Watermelon Chunks	Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Watermelon Chunks	Chili/Cheese Dog Rib Patty Tossed Salad Vegetables, California Blend Watermelon Chunks	Cheese Bread Marinara Sauce Seasoned Black Beans Cherry Tomatoes Broccoli, Steamed Watermelon Chunks

## ELEMENTARY SCHOOLS

	<u>08/20</u>	<u>08/21</u>	<u>08/22</u>	<u>08/23</u>	<u>08/24</u>
<b>Lunch</b>	Chicken Patty Sandwich Burrito Cheese Sauce Mexi Beans Carrot Sticks Watermelon Chunks	Cheese Enchilada Steak Fingers Scalloped Potatoes Tossed Salad Biscuit Watermelon Chunks	Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Watermelon Chunks	Rib Dippers Garlic Bread Hot Dog Tossed Salad Vegetables, California Blend Watermelon Chunks	Cheese Bread Marinara Sauce Seasoned Black Beans Cherry Tomatoes Broccoli, Steamed Watermelon Chunks

# PONCA CITY HIGH SCHOOL

	<u>08/20</u>	<u>08/21</u>	<u>08/22</u>	<u>08/23</u>	<u>08/24</u>
<b>Retro</b>	Wildcat Burger Potato Spirals Glazed Carrots Tossed Salad Fruit, Fresh Assorted	Cheeseburger Bacon Baked Beans French Fries Tossed Salad Fruit, Fresh Assorted	Chicken Strip Panko Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Cheese Bites Corn Sauce, Marinara Tossed Salad Jello Fruit, Fresh Assorted	Frito Chili Pie Tossed Salad Mexi Beans Grape Tomatoes Fruit, Fresh Assorted
<b>CHIX</b>	Chicken Strips Pizza, Cheese French Fries Pepperoni Pizza Fruit, Fresh Assorted Dinner Roll	Chicken Chunk Honey BBQ Bean Burrito Cheese Sticks French Fries Fruit, Fresh Assorted	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Chicken Buffalo Chunk Cheese Stick Bosco French Fries Dinner Roll Fruit, Fresh Assorted	Thai Chicken French Fries Nacho Bites Dinner Roll Fruit, Fresh Assorted
<b>My Way</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 Ww 12" Mission 12579 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 Ww 12" Mission 12579 Cheese, Shredcheddar Mexi Beans Salsa, Fresh Pico de Gallo Lettuce, Shredded Mexi Rice Tortilla, Fried Bowl Taco Meat
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	<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 Chicken Wrap Apple Berry Salad Spinach Salad w/Berries Combo Sub Fruit, Fresh Assorted	Crispy Chicken Salad Salad, Ham Garden Chicken Salad Soup, Tomato 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 Soup, Tomato 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>08/20</u>	<u>08/21</u>	<u>08/22</u>	<u>08/23</u>	<u>08/24</u>
<b>Lunch</b>	Chicken Patty Sandwich Burrito Cheese Sauce Mexi Beans Carrot Sticks Watermelon Chunks	Cheese Enchilada Steak Fingers Scalloped Potatoes Tossed Salad Biscuit Watermelon Chunks	Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Watermelon Chunks	Rib Dippers Hot Dog Tossed Salad Vegetables, California Blend Watermelon Chunks	Cheese Bread Marinara Sauce Seasoned Black Beans Cherry Tomatoes Broccoli, Steamed Watermelon Chunks

## WASHINGTON PRE-K CENTER

	<u>08/20</u>	<u>08/21</u>	<u>08/22</u>	<u>08/23</u>	<u>08/24</u>
<b>Lunch</b>	Chicken Patty Sandwich Refried Beans Watermelon Chunks LowFat Milk	Steak Fingers Grape Tomatoes Watermelon Chunks LowFat Milk	Chicken Nuggets Mashed Potatoes Watermelon Chunks LowFat Milk	Hot Dog Green Beans Watermelon Chunks LowFat Milk	Cheese Bread Marinara Sauce Broccoli, Steamed Watermelon Chunks LowFat Milk

## WEST MIDDLE SCHOOL

	<u>08/20</u>	<u>08/21</u>	<u>08/22</u>	<u>08/23</u>	<u>08/24</u>
<b>Lunch</b>	Chicken Patty Sandwich Burrito Cheese Sauce Mexi Beans Carrot Sticks Watermelon Chunks	Cheese Enchilada Steak Fingers Scalloped Potatoes Tossed Salad Biscuit Watermelon Chunks	Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Watermelon Chunks	Rib Dippers Hot Dog Tossed Salad Vegetables, California Blend Watermelon Chunks	Cheese Bread Marinara Sauce Seasoned Black Beans Cherry Tomatoes Broccoli, Steamed Watermelon Chunks