

EAST MID HIGH

| | <u>10/01</u> | <u>10/02</u> | <u>10/03</u> | <u>10/04</u> | <u>10/05</u> |
|--------------|--|---|--|--|---|
| Lunch | Chicken Wrap Carrot Sticks Baked Beans Apple Slices Pkg Tossed Salad | Mac & Cheese Mini Corn Dogs Tossed Salad Harvest Cheddar Sun Chip Seasoned Black Beans Apple Slices Pkg | Popcorn Chicken Mashed Potatoes Tossed Salad Green Beans Dinner Roll Apple Slices Pkg | Lemongrass Chicken Crispy Taco Brown Rice Pilaf Tossed Salad Cherry Tomatoes Apple Slices Pkg | Artisan Sausage Pizza Italian Vegetables Tossed Salad Corn Salad Apple Slices Pkg |

ELEMENTARY SCHOOLS

| | <u>10/01</u> | <u>10/02</u> | <u>10/03</u> | <u>10/04</u> | <u>10/05</u> |
|--------------|--|--|--|--|---|
| Lunch | Mini Corn Dogs Pretzel Cheese Sauce Baked Beans Apple Slices Pkg | Mac & Cheese Chicken and Waffles Tossed Salad Harvest Cheddar Sun Chip Seasoned Black Beans Apple Slices Pkg | Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg | Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Apple Slices Pkg | Artisan Sausage Pizza Italian Vegetables Corn Salad Apple Slices Pkg |

PONCA CITY HIGH SCHOOL

| | <u>10/01</u> | <u>10/02</u> | <u>10/03</u> | <u>10/04</u> | <u>10/05</u> |
|---------------|--|---|---|--|---|
| Retro | Steak, Chicken Fried Mashed Potatoes Tossed Salad Fruit, Fresh Assorted | Cheeseburger Baked Beans French Fries Tossed Salad Fruit, Fresh Assorted | Chicken Strip Panko Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted | Chicken Wrap Tossed Salad Baby Carrots California Blend Veggies Jello Fruit, Fresh Assorted | Cheeseburger Vegetables, California Blend Tossed Salad Cherry Tomatoes Fruit, Fresh Assorted |
| CHIX | Chicken Strip Panko 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 |
| My Way | <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>Italian/Sub/Asian Kiosk</u> Lemongrass Chicken Tangerine Chicken Chicken, Teriyaki Rice, Brown Wholegrain Noodles, Chinese, Chow Mein | <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 Ww 12" Mission 12579 Salsa, Fresh Pico de Gallo Lettuce, Shredded Cheese, Shredcheddar Mexi Beans Mexi Rice Tortilla, Fried Bowl Taco Meat ----- <u>Italian/Sub/Asian Kiosk</u> Chicken Alfredo with a Twist Pasta Noodles Twisted Mozz. Breadstick Salad, Chicken Caesar | <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 Ww 12" Mission 12579 Cheese, Shredcheddar Mexi Beans Salsa, Fresh Pico de Gallo Lettuce, Shredded Mexi Rice Tortilla, Fried Bowl Taco Meat ----- <u>Italian/Sub/Asian Kiosk</u> Chicken Alfredo with a Twist Pasta Noodles Twisted Mozz. Breadstick Salad, Chicken Caesar |

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| | Oriental Vegetables Broccoli, Steamed | | | | |
| On the Fly | 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>10/01</u> | <u>10/02</u> | <u>10/03</u> | <u>10/04</u> | <u>10/05</u> |
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WASHINGTON PRE-K CENTER

| | <u>10/01</u> | <u>10/02</u> | <u>10/03</u> | <u>10/04</u> | <u>10/05</u> |
|--------------|---|--|--|--|---|
| Lunch | Mini Corn Dogs Carrot Sticks Apple Slices Pkg | Mac & Cheese Seasoned Black Beans Apple Slices Pkg | Popcorn Chicken Mashed Potatoes Apple Slices Pkg | Mini Twin Sliders Green Beans Apple Slices Pkg | Artisan Sausage Pizza Italian Vegetables Apple Slices Pkg |

WEST MIDDLE SCHOOL

| | <u>10/01</u> | <u>10/02</u> | <u>10/03</u> | <u>10/04</u> | <u>10/05</u> |
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