

## EAST MID HIGH

	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>	<u>10/26</u>
<b>Lunch</b>	Chicken Wrap Rib Patty Sandwich French Bread Pizza Tossed Salad 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 Sandwich Pollack Strips Carrot Sticks Corn Muffin Potato Crispwedge Tossed Salad Mandarin Oranges	Bosco Stick Marinara Sauce Chicken Parmesan Bread Stick Tossed Salad Corn Garbonza Bean Salad Mandarin Oranges

## ELEMENTARY SCHOOLS

	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>	<u>10/26</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 Sandwich Pollack Strips Carrot Sticks Corn Muffin Potato Crispwedge Tossed Salad Mandarin Oranges	Bosco Stick Marinara Sauce Chicken Parmesan Bread Stick Corn Garbonza Bean Salad Mandarin Oranges

# PONCA CITY HIGH SCHOOL

	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>	<u>10/26</u>
<b>Retro</b>	Steak Fingers Glazed Carrots Mashed Potatoes 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 Patty Sandwich	Chicken Patty Mac & Cheese California Blend Veggies Fruit, Fresh Assorted Jello	Cheeseburger Potatoes, Tater Tots Tossed Salad Jello Fruit, Fresh Assorted
<b>CHIX</b>	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
<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  -----

	<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>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>	<u>10/26</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 Sandwich Pollack Strips Carrot Sticks Corn Muffin Potato Crispwedge Tossed Salad Mandarin Oranges	Bosco Stick Marinara Sauce Chicken Parmesan Bread Stick Corn Garbonza Bean Salad Mandarin Oranges

## WASHINGTON PRE-K CENTER

	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>	<u>10/26</u>
<b>Lunch</b>	Pepperoni Pizza Glazed Carrots Mandarin Oranges	Tangerine Chicken Peas Brown Rice Pilaf Mandarin Oranges	Chicken Strips Mashed Potatoes Mandarin Oranges	BBQ Sandwich Green Beans Mandarin Oranges	Bosco Stick Marinara Sauce Corn Mandarin Oranges

## WEST MIDDLE SCHOOL

	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>	<u>10/26</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 Sandwich Pollack Strips Carrot Sticks Corn Muffin Potato Crispwedge Tossed Salad Mandarin Oranges	Bosco Stick Marinara Sauce Chicken Parmesan Bread Stick Corn Garbonza Bean Salad Mandarin Oranges