

EAST MID HIGH

	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>	<u>11/23</u>
Lunch	Rib Patty Sandwich Pepperoni Pizza Glazed Carrots Baked Beans Mandarin Oranges	Tangerine Chicken Cheese Quesadilla Tossed Salad Glazed Carrots Brown Rice Pilaf Mandarin Oranges			

ELEMENTARY SCHOOLS

	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>	<u>11/23</u>
Lunch	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Applesauce, Sweetened	Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Applesauce, Sweetened			

PONCA CITY HIGH SCHOOL

	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>	<u>11/23</u>
Retro	Steak Fingers Glazed Carrots Mashed Potatoes Tossed Salad Fruit, Fresh Assorted	Cheeseburger Potatoes, Tater Tots Baked Beans (Vegetarian) Tossed Salad 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			
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>Mexican Kiosk</u> Cheese Enchilada Enchilada, Beef Taco Bar Mexi Beans Mexi Rice			
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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			
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			

ST. MARY'S

	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>	<u>11/23</u>
Lunch	Rib Patty Sandwich Pepperoni Pizza Glazed Carrots Baked Beans Mandarin Oranges	Tangerine Chicken Cheese Quesadilla Tossed Salad Peas Brown Rice Pilaf Mandarin Oranges			

WASHINGTON PRE-K CENTER

	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>	<u>11/23</u>
Lunch	Pepperoni Pizza Glazed Carrots Applesauce, Sweetened	Tangerine Chicken Peas Brown Rice Pilaf Applesauce, Sweetened			

WEST MIDDLE SCHOOL

	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>	<u>11/23</u>
Lunch	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Applesauce, Sweetened	Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Applesauce, Sweetened			