

## EAST MID HIGH

	<u>05/06</u>	<u>05/07</u>	<u>05/08</u>	<u>05/09</u>	<u>05/10</u>
<b>Lunch</b>	Chili/Cheese Dog Burrito Carrot Sticks Baked Beans Pears: Canned, Light Syrup	Mini Corn Dogs Mac & Cheese Tossed Salad Broccoli, Steamed Harvest Cheddar Sun Chip Seasoned Black Beans Pears: Canned, Light Syrup	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Pears: Canned, Light Syrup	Lemongrass Chicken Brown Rice Pilaf Crispy Taco Cherry Tomatoes Tossed Salad Pears: Canned, Light Syrup	Pizza, Wildmike Pepperoni Corn Carrot Sticks Tossed Salad Pears: Canned, Light Syrup

## ELEMENTARY SCHOOLS

	<u>05/06</u>	<u>05/07</u>	<u>05/08</u>	<u>05/09</u>	<u>05/10</u>
<b>Lunch</b>	Mini Corn Dogs BBQ Sandwich Carrot Sticks Baked Beans Apple Slices Pkg	Mac & Cheese Chicken & Waffles Tossed Salad Seasoned Black Beans Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Mini Twin Sliders Lemongrass Chicken Brown Rice Pilaf Cherry Tomatoes Tossed Salad Apple Slices Pkg	Artisan Sausage Pizza Italian Vegetables Corn Salad Apple Slices Pkg

# PONCA CITY HIGH SCHOOL

	<u>05/06</u>	<u>05/07</u>	<u>05/08</u>	<u>05/09</u>	<u>05/10</u>
<b>Retro</b>	Frito Chili Pie Corn Tossed Salad Fruit, Fresh Assorted Brownie, Chocolate	Cheeseburger Baked Beans French Fries Tossed Salad Fruit, Fresh Assorted	Chicken Strip Panko Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Cheeseburger Tossed Salad Potatoes, Tater Tots Baby Carrots Jello Fruit, Fresh Assorted	Pizza, Cheese Tossed Salad 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
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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>05/06</u>	<u>05/07</u>	<u>05/08</u>	<u>05/09</u>	<u>05/10</u>
<b>Lunch</b>	Hot Dog on Bun Burrito Carrot Sticks Baked Beans Pears: Canned, Light Syrup	Mini Corn Dogs Mac & Cheese Tossed Salad Harvest Cheddar Sun Chip Seasoned Black Beans Pears: Canned, Light Syrup	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Pears: Canned, Light Syrup	Lemongrass Chicken Mini Twin Sliders Brown Rice Pilaf Cherry Tomatoes Tossed Salad Pears: Canned, Light Syrup	Artisan Sausage Pizza Corn Salad Italian Vegetables Tossed Salad Pears: Canned, Light Syrup

## WASHINGTON PRE-K CENTER

	<u>05/06</u>	<u>05/07</u>	<u>05/08</u>	<u>05/09</u>	<u>05/10</u>
<b>Lunch</b>	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>05/06</u>	<u>05/07</u>	<u>05/08</u>	<u>05/09</u>	<u>05/10</u>
<b>Lunch</b>	Mini Corn Dogs BBQ Sandwich Carrot Sticks Baked Beans Apple Slices Pkg	Mac & Cheese Chicken & Waffles Tossed Salad 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