

EAST MID HIGH

	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>
Lunch	Wildcat Burger Mini Corn Dogs Carrot Sticks Baked Beans	Mac & Cheese Chicken & Waffles Tossed Salad Broccoli Seasoned Black Beans Raisins, Seedless	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Raisins, Seedless	Chili/Cheese Dog Mini Twin Sliders Cherry Tomatoes Mixed Vegetables Tossed Salad Raisins, Seedless	Artisan Sausage Pizza Italian Vegetables Corn Salad Raisins, Seedless

ELEMENTARY SCHOOLS

	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>
Lunch	Wildcat Burger Mini Corn Dogs Carrot Sticks Baked Beans Craisins Cherry	Mac & Cheese Chicken & Waffles Tossed Salad Seasoned Black Beans Pineapple Tidbits	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Pineapple Tidbits	Tangerine Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Pineapple Tidbits	Artisan Sausage Pizza Italian Vegetables Corn Salad Pineapple Tidbits

PONCA CITY HIGH SCHOOL

	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>
Retro	Lasagna Rollup Meat/Cheese Cheese Sticks Marinara Sauce Cherry Tomatoes Tossed Salad	Cheeseburger Baked Beans Potatoes, Tater Tots Tossed Salad Fruit, Fresh Assorted	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Steak, Chicken Fried BBQ Sandwich Glazed Carrots Potatoes, Tater Tots Chocolate Brownie Tossed Salad Baby Carrots Fruit, Fresh Assorted	Pasta Noodles Alfredo Sauce Sloppy Joe Baked Beans (Vegetarian) Mixed Vegetables Tossed Salad Fruit, Fresh Assorted
CHIX	Pizza, Cheese Pepperoni Pizza Chicken Wings French Fries Fruit, Fresh Assorted	Chicken Chunk Honey BBQ Steak, Chicken Fried Potato Wedge Fruit, Fresh Assorted	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Chicken Buffalo Chunk Chicken Wings Cheese Stick Bosco French Fries Dinner Roll Fruit, Fresh Assorted	Nacho Bites Potato Wedge 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>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
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>09/30</u>	<u>10/01</u>	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>
Lunch	Wildcat Burger Mini Corn Dogs Carrot Sticks Baked Beans Craisins Cherry	Mac & Cheese Corn Dog Tossed Salad Seasoned Black Beans Peaches, Sliced	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Peaches, Sliced	Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Peaches, Sliced	Artisan Sausage Pizza Italian Vegetables Corn Salad Peaches, Sliced

WASHINGTON PRE-K CENTER

	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>
Lunch	Mini Corn Dogs Carrot Sticks Craisins Cherry	Mac & Cheese Tossed Salad Seasoned Black Beans Pineapple Tidbits	Popcorn Chicken Mashed Potatoes Pineapple Tidbits	Mini Twin Sliders Green Beans Pineapple Tidbits	Artisan Sausage Pizza Italian Vegetables Pineapple Tidbits

WEST MIDDLE SCHOOL

	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>
Lunch	Wildcat Burger Mini Corn Dogs Carrot Sticks Baked Beans Craisins Cherry	Mac & Cheese Chicken & Waffles Tossed Salad Harvest Cheddar Sun Chip Seasoned Black Beans Pineapple Tidbits	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Pineapple Tidbits	Tangerine Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Pineapple Tidbits	Artisan Sausage Pizza Italian Vegetables Corn Salad Pineapple Tidbits