

## EAST MID HIGH

	<u>12/09</u>	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	<u>12/13</u>
<b>Lunch</b>	Chicken Patty Sandwich Beef Bean Burrito Tossed Salad Glazed Carrots Mexi Beans Apple Slices Pkg	Steak Fingers Cheese Enchilada Scalloped Potatoes Tossed Salad Apple Slices Pkg	Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Chicken Leg Rib Dippers Biscuit Vegetables, California Blend Tossed Salad Apple Slices Pkg	Cheese Bread Marinara Sauce Seasoned Black Beans Cherry Tomatoes Tossed Salad Broccoli Apple Slices Pkg

## ELEMENTARY SCHOOLS

	<u>12/09</u>	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	<u>12/13</u>
<b>Lunch</b>	Chicken Patty Sandwich Burrito Cheese Sauce Mexi Beans Carrot Sticks Apple Slices Pkg	Cheese Enchilada Steak Fingers Scalloped Potatoes Tossed Salad Apple Slices Pkg	Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Rib Dippers Chicken Leg Biscuit Peas Tossed Salad Apple Slices Pkg	Cheese Bread Marinara Sauce Seasoned Black Beans Cherry Tomatoes Broccoli, Steamed Apple Slices Pkg

# PONCA CITY HIGH SCHOOL

	<u>12/09</u>	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	<u>12/13</u>
<b>Retro</b>	Cheese Bites Marinara Sauce Broccoli w/Cheese Tossed Salad Grape Tomatoes Fruit, Fresh Assorted	Cheeseburger French Fries Baked Beans (Vegetarian) Tossed Salad Fruit, Fresh Assorted	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Wildcat Burger Mac & Cheese Glazed Carrots Fruit, Fresh Assorted	Cheese Quesadilla Bar, Byo Baked Potato Mexi Beans Tossed Salad Fruit, Fresh Assorted Brownie, Chocolate
<b>CHIX</b>	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
<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>12/09</u>	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	<u>12/13</u>
<b>Lunch</b>	Chicken Patty Sandwich Beef Bean Burrito Baby Carrots Mexi Beans Pineapple Tidbits	Steak Fingers Cheese Enchilada Scalloped Potatoes Tossed Salad Applesauce, Sweet Cinnamon	Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Applesauce, Sweet Cinnamon	Chicken Leg Rib Dippers Biscuit Vegetables, California Blend Tossed Salad Applesauce, Sweet Cinnamon	Cheese Bread Marinara Sauce Seasoned Black Beans Cherry Tomatoes Broccoli Applesauce, Sweet Cinnamon

## WASHINGTON PRE-K CENTER

	<u>12/09</u>	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	<u>12/13</u>
<b>Lunch</b>	Chicken Patty Sandwich Mexi Beans Apple Slices Pkg	Steak Fingers Grape Tomatoes Apple Slices Pkg	Chicken Nuggets Mashed Potatoes Dinner Roll Apple Slices Pkg	Rib Dippers Biscuit Green Beans Apple Slices Pkg	Cheese Bread Marinara Sauce Broccoli, Steamed Apple Slices Pkg

## WEST MIDDLE SCHOOL

	<u>12/09</u>	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	<u>12/13</u>
<b>Lunch</b>	Chicken Patty Sandwich Burrito Cheese Sauce Mexi Beans Carrot Sticks Apple Slices Pkg	Cheese Enchilada Steak Fingers Scalloped Potatoes Tossed Salad Apple Slices Pkg	Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Rib Dippers Chicken Leg Biscuit Peas Tossed Salad Apple Slices Pkg	Cheese Bread Marinara Sauce Seasoned Black Beans Cherry Tomatoes Broccoli, Steamed Apple Slices Pkg