

## EAST MID HIGH

	<u>12/16</u>	<u>12/17</u>	<u>12/18</u>	<u>12/19</u>	<u>12/20</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baby Carrots Tossed Salad Baked Beans Cinnamon Applesauce	Soft Taco Hot Dog on Bun Tossed Salad Peas Cinnamon Applesauce	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Cinnamon Applesauce	BBQ Sandwich Beef Taco Stick Tossed Salad Potato Wedge Cinnamon Applesauce	Chicken Parmesan Cheese Stick Bosco Marinara Sauce Tossed Salad Bean Salad Corn Cinnamon Applesauce

## ELEMENTARY SCHOOLS

	<u>12/16</u>	<u>12/17</u>	<u>12/18</u>	<u>12/19</u>	<u>12/20</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Cinnamon Applesauce	Soft Taco Hot Dog Tossed Salad Peas Harvest Cheddar Sun Chip Cinnamon Applesauce	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Cinnamon Applesauce	BBQ Sandwich Grilled Cheese Sandwich Carrot Sticks Potato Crispwedge Tossed Salad Cinnamon Applesauce	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Jello Cinnamon Applesauce

# PONCA CITY HIGH SCHOOL

	<u>12/16</u>	<u>12/17</u>	<u>12/18</u>	<u>12/19</u>	<u>12/20</u>
<b>Retro</b>	Salisbury Steak Steak Fingers Brown Gravy Mashed Potatoes Broccoli Tossed Salad Fruit, Fresh Assorted	Cheeseburger Baked Beans French Fries Tossed Salad Fruit, Fresh Assorted	Chicken Strip Panko Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Rib Dippers Chicken Leg Tossed Salad Scalloped Potatoes Baby Carrots Fruit, Fresh Assorted	Frito Chili Pie Chili/Cheese Dog Mexi Beans Grape Tomatoes Tossed Salad Jello Fruit, Fresh Assorted
<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
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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>12/16</u>	<u>12/17</u>	<u>12/18</u>	<u>12/19</u>	<u>12/20</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Glazed Carrots Baked Beans Peaches, Sliced	Cheese Quesadilla Hot Dog on Bun Tossed Salad Brown Rice Pilaf Peas Peaches, Sliced	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Peaches, Sliced	BBQ Sandwich Beef Taco Stick Tossed Salad Potato Wedge Peaches, Sliced	Chicken Parmesan Cheese Stick Bosco Marinara Sauce Bean Salad Corn Peaches, Sliced

## WASHINGTON PRE-K CENTER

	<u>12/16</u>	<u>12/17</u>	<u>12/18</u>	<u>12/19</u>	<u>12/20</u>
<b>Lunch</b>	Pepperoni Pizza Glazed Carrots Cinnamon Applesauce	Hot Dog Peas Cinnamon Applesauce	Chicken Strips Mashed Potatoes Dinner Roll Cinnamon Applesauce	Grilled Cheese Sandwich Green Beans Cinnamon Applesauce	Bosco Stick Marinara Sauce Corn Cinnamon Applesauce

## WEST MIDDLE SCHOOL

	<u>12/16</u>	<u>12/17</u>	<u>12/18</u>	<u>12/19</u>	<u>12/20</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Cinnamon Applesauce	Soft Taco Hot Dog Tossed Salad Peas Harvest Cheddar Sun Chip Cinnamon Applesauce	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Cinnamon Applesauce	BBQ Sandwich Grilled Cheese Sandwich Carrot Sticks Potato Crispwedge Tossed Salad Cinnamon Applesauce	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Jello Cinnamon Applesauce