

EAST MID HIGH

	<u>01/06</u>	<u>01/07</u>	<u>01/08</u>	<u>01/09</u>	<u>01/10</u>
Lunch	Sandwich, Turkey Ham Salad, Ham Chef PBJ Twin Pack Salad, Turkey Chef Crispy Chicken Salad Juice, 100% Assortment Milk, 1% Lowfat H	Mac & Cheese Chicken & Waffles Tossed Salad Broccoli, Steamed Seasoned Black Beans Craisins Cherry	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Craisins Cherry	Tangerine Chicken Brown Rice Pilaf Mini Twin Sliders Mixed Vegetables Cherry Tomatoes Tossed Salad Craisins Cherry	Artisan Sausage Pizza Corn Salad Italian Vegetables Tossed Salad Craisins Cherry

ELEMENTARY SCHOOLS

	<u>01/06</u>	<u>01/07</u>	<u>01/08</u>	<u>01/09</u>	<u>01/10</u>
Lunch	Sandwich, Turkey Ham Turkey Sandwich Salad, Ham Chef Salad, Turkey Chef Salad, Yogurt/Seasonal Mozz	Mac & Cheese Chicken & Waffles Tossed Salad Seasoned Black Beans Craisins Cherry	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Craisins Cherry	Tangerine Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Craisins Cherry	Artisan Sausage Pizza Italian Vegetables Corn Salad Craisins Cherry

PONCA CITY HIGH SCHOOL

	<u>01/06</u>	<u>01/07</u>	<u>01/08</u>	<u>01/09</u>	<u>01/10</u>
Retro	Sandwich, Turk/Ham/Ch Sandwich, Tuna Salad Sandwich, Ww Assortment Sandwich, Chicken Salad Crispy Chicken Salad Salad, Garden Chef w/ Egg Salad, Ham Chef	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 Harvest Cheddar Sun Chip Potatoes, Tater Tots Chocolate Brownie Tossed Salad Baby Carrots Fruit, Fresh Assorted	Nachos Meat & Cheese Refried Beans Baby Carrots Tossed Salad Fruit, Fresh Assorted Chicken & Noodles
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 -----

	<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>01/06</u>	<u>01/07</u>	<u>01/08</u>	<u>01/09</u>	<u>01/10</u>
Lunch	Mini Corn Dogs Wildcat Burger Carrot Sticks Baked Beans Raisins, Seedless	Mac & Cheese Chicken & Waffles Tossed Salad Broccoli, Steamed Seasoned Black Beans Raisins, Seedless	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Raisins, Seedless	Tangerine Chicken Brown Rice Pilaf Mini Twin Sliders Mixed Vegetables Cherry Tomatoes Tossed Salad Raisins, Seedless	Artisan Sausage Pizza Corn Salad Italian Vegetables Tossed Salad Raisins, Seedless

WASHINGTON PRE-K CENTER

	<u>01/06</u>	<u>01/07</u>	<u>01/08</u>	<u>01/09</u>	<u>01/10</u>
Lunch		Mac & Cheese Seasoned Black Beans Craisins Cherry	Popcorn Chicken Mashed Potatoes Craisins Cherry	Tangerine Chicken Green Beans Craisins Cherry	Artisan Sausage Pizza Italian Vegetables Craisins Cherry

WEST MIDDLE SCHOOL

	<u>01/06</u>	<u>01/07</u>	<u>01/08</u>	<u>01/09</u>	<u>01/10</u>
Lunch	Sandwich, Turkey Ham Turkey Sandwich Salad, Ham Chef Salad, Turkey Chef Salad, Yogurt/Seasonal Mozz	Mac & Cheese Chicken & Waffles Tossed Salad Seasoned Black Beans Craisins Cherry	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Craisins Cherry	Tangerine Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Craisins Cherry	Artisan Sausage Pizza Italian Vegetables Corn Salad Craisins Cherry