

EAST MID HIGH

	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	<u>10/08</u>	<u>10/09</u>
Lunch	Rib Patty Sandwich Mini Corn Dogs Carrot Sticks Baked Beans Apple Slices Pkg	Nachos Meat & Cheese Mac & Cheese Peas Tossed Salad Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Tangerine Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Oriental Vegetables Tossed Salad Apple Slices Pkg	Sandwich, Turkey Ham Turkey Sandwich Salad, Ham Chef Salad, Turkey Chef Salad, Yogurt/Seasonal Mozz Apple Slices Pkg

ELEMENTARY SCHOOLS

	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	<u>10/08</u>	<u>10/09</u>
Lunch	Mini Corn Dogs Carrot Sticks Baked Beans Apple Slices Pkg	Mac & Cheese Tossed Salad Peas Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Tangerine Chicken Brown Rice Pilaf Oriental Vegetables Cherry Tomatoes Apple Slices Pkg	

PONCA CITY HIGH SCHOOL

	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	<u>10/08</u>	<u>10/09</u>
Retro	Lasagna Rollup 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	BBQ Sandwich Tossed Salad Scalloped Potatoes Baby Carrots Fruit, Fresh Assorted	Sandwich, Turk/Ham/Ch Sandwich, Tuna Salad Sandwich, Ww Assortment Crispy Chicken Salad Salad, Garden Chef w/Egg Salad, Ham Chef
CHIX	Chicken Wings French Fries Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted	Popcorn Smackers Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted	Chicken Buffalo Chunk French Fries Dinner Roll Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted	Chicken Wings Dinner Roll Tossed Salad Baby Carrots Cucumber Salad 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>Italian/Sub/Asian Kiosk</u> Lemongrass Chicken Tangerine Chicken	<u>Mexican Kiosk</u> Cheese Enchilada Enchilada, Beef Taco Bar Mexi Beans Mexi Rice ----- <u>Italian/Sub/Asian Kiosk</u> Combo Sub Deli Sub Sandwich, Combo 3" Sub Wg Sandwich, Ham Sub Sandwich, Rb Sub	<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>Italian/Sub/Asian Kiosk</u> Chicken Alfredo with a Twist Pasta Noodles	<u>Mexican Kiosk</u> Cheese Enchilada Enchilada, Beef Taco Bar Mexi Beans Mexi Rice ----- <u>Italian/Sub/Asian Kiosk</u> Combo Sub Deli Sub Sandwich, Combo 3" Sub Wg Sandwich, Ham Sub Sandwich Rb Sub	<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> Salad, Chicken Caesar Chicken Alfredo with a Twist

On the Fly	Pepperoni Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Chicken Wrap Apple Berry Salad Spinach Salad w/Berries Combo Sub Fruit, Fresh Assorted	Pepperoni Pinwheel Crispy Chicken Salad Salad, Ham Garden Chicken Salad Soup, Tomato Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted	Pepperoni Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted	Pepperoni Pinwheel Crispy Chicken Salad Salad, Ham Garden Soup, Tomato Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted	Pepperoni Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted
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ST. MARY'S

	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	<u>10/08</u>	<u>10/09</u>
Lunch	Mini Corn Dogs Carrot Sticks Baked Beans Apple Slices Pkg	Mac & Cheese Tossed Salad Peas Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Tangerine Chicken Brown Rice Pilaf Oriental Vegetables Grape Tomatoes Apple Slices Pkg	Pepperoni Pinwheel Broccoli w/Cheese Grape Tomatoes Apple Slices Pkg

WASHINGTON PRE-K CENTER

	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	<u>10/08</u>	<u>10/09</u>
Lunch	Mini Corn Dogs Carrot Sticks Apple Slices Pkg	Mac & Cheese Tossed Salad Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Apple Slices Pkg	Tangerine Chicken Brown Rice Pilaf Oriental Vegetables Apple Slices Pkg	

WEST MIDDLE SCHOOL

	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	<u>10/08</u>	<u>10/09</u>
Lunch	Rib Patty Sandwich Mini Corn Dogs Carrot Sticks Baked Beans Apple Slices Pkg	Mac & Cheese Nachos Meat & Cheese Peas Tossed Salad Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Tangerine Chicken Brown Rice Pilaf Mini Twin Sliders Oriental Vegetables Cherry Tomatoes Tossed Salad Apple Slices Pkg	