

EAST MID HIGH

| | <u>04/19</u> | <u>04/20</u> | <u>04/21</u> | <u>04/22</u> | <u>04/23</u> |
|--------------|--|---|--|---|--|
| Lunch | Chicken Patty Sandwich Bean Burrito Cheese Sauce Garbonza Bean Salad Baby Carrots Tossed Salad Peaches, Sliced | Steak Fingers Cheese Enchilada Oven Fry Wedges Tossed Salad Peaches, Sliced | Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Peaches, Sliced | BBQ Sandwich Ranch Beans Tossed Salad Biscuit Peaches, Sliced | Pizza, Assorted Broccoli Grape Tomatoes Tossed Salad Peaches, Sliced |

We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!

ELEMENTARY SCHOOLS

| | <u>04/19</u> | <u>04/20</u> | <u>04/21</u> | <u>04/22</u> | <u>04/23</u> |
|--------------|---|--|--|--|---|
| Lunch | Chicken Patty Sandwich Baby Carrots Mexi Beans Pears: Canned, Light Syrup | Steak Fingers Tossed Salad Potato Wedge Pears: Canned, Light Syrup | Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Pears: Canned, Light Syrup | BBQ Sandwich Tossed Salad Baked Beans Pears: Canned, Light Syrup | Pizza Pocket, Pepperoni Broccoli Grape Tomatoes Pears: Canned, Light Syrup |

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PONCA CITY HIGH SCHOOL

| | <u>04/19</u> | <u>04/20</u> | <u>04/21</u> | <u>04/22</u> | <u>04/23</u> |
|---------------|---|---|--|--|--|
| Retro | BBQ Sandwich Pasta Salad Tossed Salad Grape Tomatoes Fresh Fruit Chocolate Chip Bar | Hamburger Cheese, Slice, American French Fries Baby Carrots Baked Beans Fresh Fruit | Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit | Rib Dippers Sweet Potato Fries Broccoli Salad Fresh Fruit Tossed Salad Chocolate Brownie | Pizza, Assorted Mexi Beans Grape Tomatoes Tossed Salad Fresh Fruit Jello |
| 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 |

PONCA CITY HIGH SCHOOL (CONTINUED)

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| 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>04/19</u> | <u>04/20</u> | <u>04/21</u> | <u>04/22</u> | <u>04/23</u> |
|--|--|---|--|---|--|
| Lunch | Chicken Patty Sandwich Baby Carrots Garbonza Bean Salad Peaches, Sliced | Steak Fingers Tossed Salad Oven Fry Wedges Peaches, Sliced | Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Peaches, Sliced | BBQ Sandwich Baked Beans Tossed Salad Biscuit Peaches, Sliced | Pizza Pocket, Pepperoni Broccoli Grape Tomatoes Peaches, Sliced |
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WASHINGTON PRE-K CENTER

| | <u>04/19</u> | <u>04/20</u> | <u>04/21</u> | <u>04/22</u> | <u>04/23</u> |
|--------------|--|--|---|--|--|
| Lunch | Chicken Patty Sandwich Mexi Beans Pears: Canned, Light Syrup | Steak Fingers Oven Fry Wedges Pears: Canned, Light Syrup | Chicken Nuggets Mashed Potatoes Country Gravy Pears: Canned, Light Syrup | BBQ Sandwich Tossed Salad Pears: Canned, Light Syrup | Cheese Bites Marinara Sauce Grape Tomatoes Pears: Canned, Light Syrup |

WEST MIDDLE SCHOOL

| | <u>04/19</u> | <u>04/20</u> | <u>04/21</u> | <u>04/22</u> | <u>04/23</u> |
|--|---|---|---|--|---|
| Lunch | Chicken Patty Sandwich Beef Bean Burrito Cheese Sauce Baby Carrots Mexi Beans Pears: Canned, Light Syrup | Steak Fingers Cheese Enchilada Tossed Salad Scalloped Potatoes Pears: Canned, Light Syrup | Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Pears: Canned, Light Syrup | BBQ Sandwich Baked Beans Tossed Salad Biscuit Pears: Canned, Light Syrup | Pizza Pocket, Pepperoni Broccoli Grape Tomatoes Pears: Canned, Light Syrup |
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