

## **EAST MID HIGH**

	<u><b>09/19</b></u>	<u><b>09/20</b></u>	<u><b>09/21</b></u>	<u><b>09/22</b></u>	<u><b>09/23</b></u>
<b>Lunch</b>		Frito Chili Pie Corn Dog Mexi Beans Glazed Carrots Peaches, Sliced	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Peaches, Sliced	Cheese Bites Marinara Sauce Cheese Lasagna Italian Vegetables Tossed Salad Peaches, Sliced	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Peaches, Sliced
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

## **ELEMENTARY SCHOOLS**

	<u><b>09/19</b></u>	<u><b>09/20</b></u>	<u><b>09/21</b></u>	<u><b>09/22</b></u>	<u><b>09/23</b></u>
<b>Lunch</b>		Frito Chili Pie Corn Dog Mexi Beans Glazed Carrots Peaches, Sliced	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Peaches, Sliced	Cheese Bites Marinara Sauce Cheese Lasagna Italian Vegetables Tossed Salad Peaches, Sliced	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Peaches, Sliced
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

## **PONCA CITY HIGH SCHOOL**

	<u><b>09/19</b></u>	<u><b>09/20</b></u>	<u><b>09/21</b></u>	<u><b>09/22</b></u>	<u><b>09/23</b></u>
<b>Eat Muchos Tacos</b>	Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit	Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit	Taco Bar BYO Stuffed Burrito Tostado Street Taco Chicken Day Mexi Beans Mexi Rice Fresh Fruit	Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit	Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit
YOU BUILD IT: Choose Your BASE, PROTEIN, TOPPINGS, and SALSA					
Menus may change and are subject to availability. We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

## ST. MARY'S

	<u>09/19</u>	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>	<u>09/23</u>
<b>Lunch</b>	Hamburger Cheese, Slice, American Potato Wedge Baked Beans Broccoli w/Cheese Peaches, Sliced	Frito Chili Pie Corn Dog Mexi Beans Glazed Carrots Peaches, Sliced	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Peaches, Sliced	Cheese Bites Marinara Sauce Cheese Lasagna Italian Vegetables Tossed Salad Peaches, Sliced	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Peaches, Sliced
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					
<b>Meals on Wheels</b>	Chicken Alfredo Broccoli Garlic Bread Dessert	Hamburger Ranch Beans French Fries Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Ice Cream Cup	Mongolian Beef Rice, White Broccoli Dessert	Stuffed Green Pepper Vegetable Selection Dinner Roll Dessert
Menus may change and are subject to availability.					

## WASHINGTON PRE-K CENTER

	<u>09/19</u>	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>	<u>09/23</u>
<b>Lunch</b>		Frito Chili Pie Mexi Beans Peaches, Sliced	Chicken Strip Mashed Potatoes Peaches, Sliced	Cheese Bites Marinara Sauce Tossed Salad Peaches, Sliced	Pepperoni Pizza Baby Carrots Ranch Dressing Peaches, Sliced

## WEST MIDDLE SCHOOL

	<u>09/19</u>	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>	<u>09/23</u>
<b>Lunch</b>		Frito Chili Pie Corn Dog Mexi Beans Glazed Carrots Peaches, Sliced	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Peaches, Sliced	Cheese Bites Marinara Sauce Cheese Lasagna Italian Vegetables Tossed Salad Peaches, Sliced	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Peaches, Sliced
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					