

EAST MID HIGH

	<u>10/03</u>	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>
Lunch	Rib Patty Sandwich Baked Beans Glazed Carrots Fresh Fruit	Cheese Enchilada Grilled Cheese Tossed Salad Refried Beans Mexi Beans Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Fresh Fruit	Hot Dog Pretzel Cheese Sauce Tossed Salad Mixed Vegetables Fresh Fruit	Cheese Pizza Corn Baby Carrots Ranch Dressing Fresh Fruit

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

ELEMENTARY SCHOOLS

	<u>10/03</u>	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>
Lunch	Rib Patty Sandwich Baked Beans Glazed Carrots Frozen Strawberries	Cheese Enchilada Grilled Cheese Tossed Salad Refried Beans Mexi Beans Frozen Strawberries	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Frozen Strawberries	Hot Dog Pretzel Cheese Sauce Tossed Salad Mixed Vegetables Frozen Strawberries	Cheese Pizza Corn Baby Carrots Ranch Dressing Frozen Strawberries

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PONCA CITY HIGH SCHOOL

	<u>10/03</u>	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>
Bowls Italian and Asian	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection
CHIX Lunch	Chicken Chunk Loaded Chicken Chunk Dinner Roll French Fries Assorted Fresh Fruit	Popcorn Smackers Calzone Hamburger French Fries Dinner Roll Assorted Fresh Fruit	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Assorted Fresh Fruit	Buffalo Chicken Chunk IMAC's Bomb Pulled Pork Sandwich French Fries Dinner Roll Assorted Fresh Fruit	Popcorn Smackers Buffalo Chicken Pizza Assorted Pizza Dinner Roll Assorted Fresh Fruit
Eat Muchos Tacos	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.
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ST. MARY'S

	<u>10/03</u>	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>
Lunch	Rib Patty Sandwich Baked Beans Glazed Carrots Mixed Berry Cup	Cheese Enchilada Grilled Cheese Tossed Salad Refried Beans Mexi Beans Mixed Berry Cup	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Mixed Berry Cup	Hot Dog Pretzel Cheese Sauce Tossed Salad Mixed Vegetables Mixed Berry Cup	Cheese Pizza Corn Baby Carrots Ranch Dressing Mixed Berry Cup
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Meals on Wheels	Spaghetti & Meatballs California Blend Veggies Dinner Roll Dessert	Hamburger Oven Fried Potatoes Ranch Beans Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	BBQ Sandwich French Fries Baked Beans Fresh Tossed Salad Dessert	Salisbury Steak Brown Gravy Mashed Potatoes Vegetable Selection Dinner Roll Dessert
Menus may change and are subject to availability.					

WASHINGTON PRE-K CENTER

	<u>10/03</u>	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>
Lunch	Rib Patty Sandwich Baked Beans Strawberries	Cheese Enchilada Tossed Salad Strawberries	Chicken Strip Mashed Potatoes Strawberries	Hot Dog Mixed Vegetables Strawberries	Cheese Pizza Baby Carrots Ranch Dressing Strawberries

WEST MIDDLE SCHOOL

	<u>10/03</u>	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>
Lunch	Rib Patty Sandwich Baked Beans Glazed Carrots Mixed Berry Cup	Cheese Enchilada Grilled Cheese Tossed Salad Refried Beans Mexi Beans Mixed Berry Cup	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Mixed Berry Cup	Hot Dog Pretzel Cheese Sauce Tossed Salad Mixed Vegetables Mixed Berry Cup	Cheese Pizza Corn Baby Carrots Ranch Dressing Mixed Berry Cup
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					