

## EAST MID HIGH

	<u>10/30</u>	<u>10/31</u>	<u>11/01</u>	<u>11/02</u>	<u>11/03</u>
<b>Lunch</b>	Chicken Patty Sandwich Burrito Cheese Sauce Baby Carrots Mexi Beans Applesauce Cup Cinnamon 4.5 Oz	Cheese Enchilada Steak Fingers Scalloped Potatoes Tossed Salad Biscuit Applesauce, Sweet Cinnamon	Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Pineapple Tidbits	Chicken and Noodles Rib Dippers Garlic Bread Vegetables, California Blend Tossed Salad Pineapple Tidbits	Cheese Bread Marinara Sauce Seasoned Black Beans Broccoli w/Cheese Cherry Tomatoes Pineapple Tidbits

## ELEMENTARY SCHOOLS

	<u>10/30</u>	<u>10/31</u>	<u>11/01</u>	<u>11/02</u>	<u>11/03</u>
<b>Lunch</b>	Chicken Patty Sandwich Burrito Cheese Sauce Baby Carrots Mexi Beans Applesauce, Sweet Cinnamon	Cheese Enchilada Steak Fingers Scalloped Potatoes Tossed Salad Biscuit Applesauce, Sweet Cinnamon	Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Applesauce, Unswt Cinnamon	Chicken and Noodles Rib Dippers Garlic Bread Vegetables, California Blend Tossed Salad Applesauce, Unswt Cinnamon	Cheese Bread Marinara Sauce Seasoned Black Beans Broccoli, Steamed Cherry Tomatoes Applesauce, Unswt Cinnamon

# PONCA CITY HIGH SCHOOL

	<u>10/30</u>	<u>10/31</u>	<u>11/01</u>	<u>11/02</u>	<u>11/03</u>
<b>Retro</b>	Nachos Meat & Choose Salsa, Fresh Pico de Gallo Grape Tomatoes Refried Beans Tossed Salad Fruit, Fresh Assorted	Cheeseburger Cheese Sauce Baked Beans Tossed Salad Fruit, Fresh Assorted	Popcorn Smackers Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Cheese Bites Corn Sauce, Marinara Tossed Salad Jello Fruit, Fresh Assorted	Frito Chili Pie Tossed Salad Grape Tomatoes Fruit, Fresh Assorted
<b>CHIX</b>	Chicken Strips Mini Corn Dogs Chicken Cheese Crispito French Fries Fruit, Fresh Assorted Dinner Roll	Popcorn Chicken Chicken Chunk Honey BBQ Cheese Sticks French Fries Fruit, Fresh Assorted	Chicken Strip Panko Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Chicken Buffalo Chunk Corn Dog Steack, Chicken Fried French Fries Dinner Roll Fruit, Fresh Assorted	Pizza, Cheese Mini Tacos Thai Chicken French Fries Dinner Roll Fruit, Fresh Assorted
<b>My Way Café</b>	<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>Italian/Sub/Asian Kiosk</u> Combo Sub Deli Sub Combo 3" Sub Wg Ham Sub Rb Sub Spicy Sub Submarine Hoggie Tuna Sub	<u>Mexican Kiosk</u> Pork Season Cuban Tortilla Whole 12" Mission 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>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>Mexican Kiosk</u> Pork Season Cuban Tortilla Whole 12" Mission Salsa, Fresh Pico de Gallo Lettuce, Shredded Cheese, Shredcheddar Mexi Beans 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> Chicken Alfredo with a Twist Pasta Noodles Twisted Mozz. Breadstick Salad, Chicken Caesar		<u>Italian/Sub/Asian Kiosk</u> Chicken Alfredo with a Twist Pasta Noodles Twisted Mozz. Breadstick Salad, Chicken Caesar
<b>On the Fly</b>	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 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	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 Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted

## ST. MARY'S

	<u>10/30</u>	<u>10/31</u>	<u>11/01</u>	<u>11/02</u>	<u>11/03</u>
<b>Lunch</b>	Chicken Patty Sandwich Burrito Cheese Sauce Baby Carrots Mexi Beans Applesauce, Sweet Cinnamon	Cheese Enchilada Steak Fingers Scalloped Potatoes Tossed Salad Biscuit Mixed Fruit Applesauce, Sweet Cinnamon	Chicken Nugget Mashed Potatoes Green Beans Dinner Roll Pineapple Tidbits	Chicken and Noodles Rib Dippers Garlic Bread Vegetables, California Blend Tossed Salad Pineapple Tidbits	Cheese Bread Marinara Sauce Seasoned Black Beans Broccoli w/Cheese Cherry Tomatoes Pineapple Tidbits

## WASHINGTON PRE-K CENTER

	<u>10/30</u>	<u>10/31</u>	<u>11/01</u>	<u>11/02</u>	<u>11/03</u>
<b>Lunch</b>	Chicken Patty Sandwich Mexi Beans Applesauce, Sweet Cinnamon	Steak Fingers Tossed Salad Applesauce, Sweet Cinnamon	Chicken Nuggets Mashed Potatoes Applesauce, Unswt Cinnamon	Chicken and Noodles Garlic Bread Green Beans Applesauce, Unswt Cinnamon	Cheese Bread Marinara Sauce Broccoli, Steamed Applesauce, Unswt Cinnamon

## WEST MIDDLE SCHOOL

	<u>10/30</u>	<u>10/31</u>	<u>11/01</u>	<u>11/02</u>	<u>11/03</u>
<b>Lunch</b>	Chicken Patty Sandwich Burrito Cheese Sauce Baby Carrots Mexi Beans Applesauce, Sweet Cinnamon	Cheese Enchilada Steak Fingers Scalloped Potatoes Tossed Salad Biscuit Applesauce, Sweet Cinnamon	Chicken Nugget Mashed Potatoes Green Beans Dinner Roll Applesauce, Unswt Cinnamon	Chicken and Noodles Rib Dippers Garlic Bread Vegetables, California Blend Tossed Salad Applesauce, Unswt Cinnamon	Cheese Bread Marinara Sauce Seasoned Black Beans Broccoli, Steamed Cherry Tomatoes Applesauce, Unswt Cinnamon