

EAST MID HIGH

| | <u>11/05</u> | <u>11/06</u> | <u>11/07</u> | <u>11/08</u> | <u>11/09</u> |
|--------------|---|---|---|--|---------------------|
| Lunch | Rib Patty Sandwich French Bread Pizza Baked Beans Tossed Salad Glazed Carrots Mandarin Oranges | Chicken Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Mandarin Oranges | Chicken Strips Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges | Chopped BBQ Sandwich Pollack Strips Potato Wedge Baby Carrots Tossed Salad Mandarin Oranges | |

ELEMENTARY SCHOOLS

| | <u>11/05</u> | <u>11/06</u> | <u>11/07</u> | <u>11/08</u> | <u>11/09</u> |
|--------------|--|--|---|---|---------------------|
| Lunch | Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Mandarin Oranges | Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Mandarin Oranges | Chicken Strips Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges | BBQ Chop Brisket Sandwich Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Mandarin Oranges | |

PONCA CITY HIGH SCHOOL

| | <u>11/05</u> | <u>11/06</u> | <u>11/07</u> | <u>11/08</u> | <u>11/09</u> |
|--------------------|---|--|---|---|--------------|
| Retro | Steak, Chicken Fried Potato Wedge Baked Beans Tossed Salad Fruit, Fresh Assorted | Cheeseburger Potatoes, Tater Tots Baked Beans (Vegetarian) Tossed Salad Fruit, Fresh Assorted | Chicken Strip Panko Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted | Chicken and Noodles Grilled Chicken Sandwich Baby Carrots Pasta Salad Fruit, Fresh Assorted | |
| CHIX | 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 | |
| My Way Café | <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>Italian/Sub/Asian Kiosk</u> Chicken Alfredo with a Twist Pasta Noodles Twisted Mozz. Breadstick Salad, Chicken Caesar | <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 | |

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| | <u>Italian/Sub/Asian Kiosk</u> Lemongrass Chicken Tangerine Chicken Chicken, Teriyaki Rice, Brown Wholegrain Noodles, Chinese, Chow Mein Oriental Vegetables Broccoli, Steamed | | | | |
| On the Fly | 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>11/05</u> | <u>11/06</u> | <u>11/07</u> | <u>11/08</u> | <u>11/09</u> |
|--------------|---|--|---|---|-----------------------------------|
| Lunch | Rib Patty Sandwich Pepperoni Pizza Sweet Potato Fries Baked Beans Mandarin Oranges | Chicken Quesadilla Tangerine Chicken Tossed Salad Glazed Carrots Brown Rice Pilaf Mandarin Oranges | Chicken Strips Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges | BBQ Sandwich Pollack Strips Carrot Sticks Ranch Dressing Potato Wedge Tossed Salad Mandarin Oranges | Sack Lunch, Sub Sand Secondary |

WASHINGTON PRE-K CENTER

| | <u>11/05</u> | <u>11/06</u> | <u>11/07</u> | <u>11/08</u> | <u>11/09</u> |
|--------------|--|---|---|---|--------------|
| Lunch | Pepperoni Pizza Baked Beans Glazed Carrots Mandarin Oranges | Tangerine Chicken Peas Brown Rice Pilaf Mandarin Oranges | Chicken Strips Mashed Potatoes Mandarin Oranges | BBQ Chop Brisket Sandwich Green Beans Mandarin Oranges | |

WEST MIDDLE SCHOOL

| | <u>11/05</u> | <u>11/06</u> | <u>11/07</u> | <u>11/08</u> | <u>11/09</u> |
|--------------|--|--|---|---|---|
| Lunch | Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Mandarin Oranges | Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Mandarin Oranges | Chicken Strips Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges | BBQ Chop Brisket Sandwich Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Mandarin Oranges | Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Corn Bread Muffin Mandarin Oranges |