

EAST MID HIGH

	<u>01/15</u>	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>
Lunch		Tangerine Chicken Nachos Meat & Cheese Tossed Salad Glazed Carrots Brown Rice Pilaf Mandarin Oranges	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges	BBQ Sandwich Pollack Strips Baby Carrots Tossed Salad Potato Wedge Mandarin Oranges	Chicken Parmesan Cheese Stick Bosco Marinara Sauce Bean Salad Corn Mandarin Oranges

ELEMENTARY SCHOOLS

	<u>01/15</u>	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>
Lunch		Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Orange, Fresh Wedges	Chicken & Noodles Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Orange, Fresh Wedges	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Corn Bread Muffin Orange, Fresh Wedges

PONCA CITY HIGH SCHOOL

	<u>01/15</u>	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>
Retro		Cheeseburger Potatoes, Tater Tots Baked Beans (Vegetarian) Tossed Salad Fruit, Fresh Assorted	Chicken Strip Panko Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Grilled Chicken Sandwich Chicken & Noodles Baby Carrots Fruit, Fresh Assorted Jello	Stuffed Crust Pizza Pepperoni Pizza Broccoli w/Cheese Tossed Salad Fruit, Fresh Assorted
CHIX		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
My Way Café		<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	<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

<p>On the Fly</p>		<p>Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted</p>	<p>Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted</p>	<p>Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted</p>	<p>Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted</p>
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ST. MARY'S

	<u>01/15</u>	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>
Lunch		Tangerine Chicken Nachos Meat & Cheese Tossed Salad Glazed Carrots Brown Rice Pilaf Mandarin Oranges	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges	BBQ Sandwich Pollack Strips Baby Carrots Tossed Salad Potato Wedge Mandarin Oranges	Chicken Parmesan Cheese Stick Bosco Marinara Sauce Bean Salad Corn Mandarin Oranges

WASHINGTON PRE-K CENTER

	<u>01/15</u>	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>
Lunch		Tangerine Chicken Peas Brown Rice Pilaf Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Orange, Fresh Wedges	Chicken & Noodles Green Beans Orange, Fresh Wedges	Bosco Stick Marinara Sauce Corn Orange, Fresh Wedges

WEST MIDDLE SCHOOL

	<u>01/15</u>	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>
Lunch		Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Orange, Fresh Wedges	Chicken & Noodles Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Orange, Fresh Wedges	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Corn Bread Muffin Orange, Fresh Wedges