

EAST MID HIGH

	<u>01/22</u>	<u>01/23</u>	<u>01/24</u>	<u>01/25</u>	<u>01/26</u>
Lunch	Grilled Chicken Sandwich Carrot Sticks Baked Beans Mixed Fruit	Mini Corn Dogs Mac & Cheese Tossed Salad Broccoli, Steamed Seasoned Black Beans Mixed Fruit	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Mixed Fruit	Lemongrass Chicken Hot Dog Brown Rice Pilaf Cherry Tomatoes Tossed Salad Mixed Fruit	Artisan Sausage Pizza Corn Salad Italian Vegetables Tossed Salad Mixed Fruit

ELEMENTARY SCHOOLS

	<u>01/22</u>	<u>01/23</u>	<u>01/24</u>	<u>01/25</u>	<u>01/26</u>
Lunch	Grilled Chicken Sandwich Hot Dog on Bun Baby Carrots Baked Beans Pineapple Tidbits	Mini Corn Dogs Mac & Cheese Tossed Salad Seasoned Black Beans Harvest Cheddar Sun Chip Pineapple Tidbits	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Pineapple Tidbits	Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Pineapple Tidbits	Artisan Sausage Pizza Italian Vegetables Corn Salad Pineapple Tidbits

PONCA CITY HIGH SCHOOL

	<u>01/22</u>	<u>01/23</u>	<u>01/24</u>	<u>01/25</u>	<u>01/26</u>
Retro	Steak Fingers Wildcat Burger Potato Spirals Glazed Carrots Tossed Salad Fruit, Fresh Assorted	Cheesburger Baked Beans French Fries Tossed Salad Fruit, Fresh Assorted	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Nacho Bites Chili/Cheesei Dog Tossed Salad Broccoli w/Cheese Jello Fruit, Fresh Assorted	Mac & Cheese Vegetables, California Blend Tossed Salad Cherry Tomatoes 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	Pizza, Cheese Mini Tacos Thai Chicken 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>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

	<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		
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	Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted

ST. MARY'S

	<u>01/22</u>	<u>01/23</u>	<u>01/24</u>	<u>01/25</u>	<u>01/26</u>
Lunch	Grilled Chicken Sandwich Carrot Sticks Baked Beans Mixed Fruit	Mini Corn Dogs Mac & Cheese Tossed Salad Broccoli, Steamed Seasoned Black Beans Mixed Fruit	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Mixed Fruit	Lemongrass Chicken Mini Twin Sliders Brown Rice Pilaf Cherry Tomatoes Tossed Salad Mixed Fruit	Artisan Sausage Pizza Corn Salad Italian Vegetables Tossed Salad Mixed Fruit

WASHINGTON PRE-K CENTER

	<u>01/22</u>	<u>01/23</u>	<u>01/24</u>	<u>01/25</u>	<u>01/26</u>
Lunch	Hot Dog Carrot Sticks Pineapple Tidbits	Mac & Cheese Seasoned Black Beans Pineapple Tidbits	Chik N' Fry Stix Mashed Potatoes Pineapple Tidbits	Mini Twin Sliders Green Beans Pineapple Tidbits	Artisan Sausage Pizza Italian Vegetables Pineapple Tidbits

WEST MIDDLE SCHOOL

	<u>01/22</u>	<u>01/23</u>	<u>01/24</u>	<u>01/25</u>	<u>01/26</u>
Lunch	Hot Dog Grilled Chicken Sandwich Carrot Sticks Baked Beans Pineapple Tidbits	Mini Corn Dogs Mac & Cheese Tossed Salad Seasoned Black Beans Harvest Cheddar Sun Chip Pineapple Tidbits	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Pineapple Tidbits	Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Pineapple Tidbits	Artisan Sausage Pizza Italian Vegetables Corn Salad Pineapple Tidbits