

## **EAST MID HIGH**

	<u><b>04/16</b></u>	<u><b>04/17</b></u>	<u><b>04/18</b></u>	<u><b>04/19</b></u>	<u><b>04/20</b></u>
<b>Lunch</b>	Grilled Chicken Sandwich Carrot Sticks Baked Beans Pears: Canned, Light Syrup	Mini Corn Dogs Mac & Cheese Tossed Salad Broccoli, Steamed Seasoned Black Beans Pears: Canned, Light Syrup	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Pears: Canned, Light Syrup	Frito Chili Pie Lemongrass Chicken Brown Rice Pilaf Cherry Tomatoes Tossed Salad Pears: Canned, Light Syrup	Artisan Sausage Pizza Corn Salad Italian Vegetables Tossed Salad Pears: Canned, Light Syrup

## **ELEMENTARY SCHOOLS**

	<u><b>04/16</b></u>	<u><b>04/17</b></u>	<u><b>04/18</b></u>	<u><b>04/19</b></u>	<u><b>04/20</b></u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Orange, Fresh Wedges	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 Orange, Fresh Wedges

# PONCA CITY HIGH SCHOOL

	<u>04/16</u>	<u>04/17</u>	<u>04/18</u>	<u>04/19</u>	<u>04/20</u>
<b>Retro</b>	Steak Fingers Wildcat Burger Potato Spirals Glazed Carrots Tossed Salad Fruit, Fresh Assorted	Cheeseburger 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
<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>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>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> Combo Sub Deli Sub Combo 3" Sub Wg Ham Sub Rb Sub Spicy Sub Submarine Hoggie Tuna Sub	<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> Combo Sub Deli Sub Combo 3" Sub Wg Ham Sub Rb Sub Spicy Sub Submarine Hoggie Tuna Sub Mexi Rice	<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>04/16</u>	<u>04/17</u>	<u>04/18</u>	<u>04/19</u>	<u>04/20</u>
<b>Lunch</b>	Grilled Chicken Sandwich Carrot Sticks Baked Beans Pears: Canned, Light Syrup	Mini Corn Dogs Mac & Cheese Tossed Salad Broccoli, Steamed Seasoned Black Beans Pears: Canned, Light Syrup	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Pears: Canned, Light Syrup	Frito Chili Pie Lemongrass Chicken Brown Rice Pilaf Cherry Tomatoes Tossed Salad Pears: Canned, Light Syrup	Artisan Sausage Pizza Corn Salad Italian Vegetables Tossed Salad Pears: Canned, Light Syrup

## WASHINGTON PRE-K CENTER

	<u>04/16</u>	<u>04/17</u>	<u>04/18</u>	<u>04/19</u>	<u>04/20</u>
<b>Lunch</b>	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>04/16</u>	<u>04/17</u>	<u>04/18</u>	<u>04/19</u>	<u>04/20</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Orange, Fresh Wedges	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 Orange, Fresh Wedges