

## EAST MID HIGH

	<u>09/24</u>	<u>09/25</u>	<u>09/26</u>	<u>09/27</u>	<u>09/28</u>
<b>Lunch</b>	French Bread Pizza Rib Patty Sandwich Baked Beans Glazed Carrots Fresh Fruit	Nachos Meat & Cheese Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Fresh Fruit	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Fresh Fruit	BBQ Sandwich Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Fresh Fruit	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Corn Bread Muffin Fresh Fruit

## ELEMENTARY SCHOOLS

	<u>09/24</u>	<u>09/25</u>	<u>09/26</u>	<u>09/27</u>	<u>09/28</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Applesauce, Sweet Cinnamon	Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Applesauce, Sweet Cinnamon	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Applesauce, Sweet Cinnamon	BBQ Sandwich Pollack Strips Corn Bread Muffin Carrot Sticks Potato Crispwedge Tossed Salad Applesauce, Sweet Cinnamon	Bosco Stick Marinara Sauce Chicken Parmesan Bread Stick Corn Garbonza Bean Salad Applesauce, Sweet Cinnamon

# PONCA CITY HIGH SCHOOL

	<u>09/24</u>	<u>09/25</u>	<u>09/26</u>	<u>09/27</u>	<u>09/28</u>
<b>Retro</b>	Steak Fingers Glazed Carrots Mashed Potatoes 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 Patty Sandwich	Chicken Patty Mac & Cheese California Blend Veggies Fruit, Fresh Assorted Jello	Cheeseburger Potatoes, Tater Tots Tossed Salad Jello Fruit, Fresh Assorted
<b>CHIX</b>	Chicken Strip Panko Pizza, Cheese French Fries Pepperoni Pizza Fruit, Fresh Assorted Dinner Roll	Chicken Chunk Honey BBQ Bean Burrito Cheese Sticks French Fries Fruit, Fresh Assorted	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Chicken Buffalo Chunk Cheese Stick Bosco French Fries Dinner Roll Fruit, Fresh Assorted	Thai Chicken French Fries Nacho Bites Dinner Roll Fruit, Fresh Assorted
<b>My Way</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 Ww 12" Mission 12579 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 Ww 12" Mission 12579 Cheese, Shredcheddar Mexi Beans Salsa, Fresh Pico de Gallo Lettuce, Shredded 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 Chicken Wrap Apple Berry Salad Spinach Salad w/Berries Combo Sub Fruit, Fresh Assorted	Crispy Chicken Salad Salad, Ham Garden Chicken Salad Soup, Tomato 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 Soup, Tomato 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>09/24</u>	<u>09/25</u>	<u>09/26</u>	<u>09/27</u>	<u>09/28</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Fresh Fruit	Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Fresh Fruit	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Fresh Fruit	BBQ Sandwich Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Fresh Fruit	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Corn Bread Muffin Fresh Fruit

## WASHINGTON PRE-K CENTER

	<u>09/24</u>	<u>09/25</u>	<u>09/26</u>	<u>09/27</u>	<u>09/28</u>
<b>Lunch</b>	Pepperoni Pizza Glazed Carrots Applesauce, Sweet Cinnamon	Tangerine Chicken Peas Brown Rice Pilaf Applesauce, Sweet Cinnamon	Chicken Strips Mashed Potatoes Applesauce, Sweet Cinnamon	BBQ Sandwich Green Beans Applesauce, Sweet Cinnamon	Bosco Stick Marinara Sauce Corn Applesauce, Sweet Cinnamon

## WEST MIDDLE SCHOOL

	<u>09/24</u>	<u>09/25</u>	<u>09/26</u>	<u>09/27</u>	<u>09/28</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Applesauce, Sweet Cinnamon	Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Applesauce, Sweet Cinnamon	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Applesauce, Sweet Cinnamon	BBQ Sandwich Pollack Strips Carrot Sticks Potato Crispwedge Tossed Salad Applesauce, Sweet Cinnamon	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Corn Bread Muffin Applesauce, Sweet Cinnamon