

## EAST MID HIGH

	<u>09/03</u>	<u>09/04</u>	<u>09/05</u>	<u>09/06</u>	<u>09/07</u>
<b>Lunch</b>		Mini Corn Dogs Mac & Cheese Broccoli, Steamed Tossed Salad Seasoned Black Beans Fresh Fruit	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Fresh Fruit	Lemongrass Chicken Crispy Taco Brown Rice Pilaf Cherry Tomatoes Tossed Salad Fresh Fruit	Artisan Sausage Pizza Italian Vegetables Corn Salad Fresh Fruit

## ELEMENTARY SCHOOLS

	<u>09/03</u>	<u>09/04</u>	<u>09/05</u>	<u>09/06</u>	<u>09/07</u>
<b>Lunch</b>		Mac & Cheese Mini Corn Dogs Tossed Salad Seasoned Black Beans Watermelon Chunks	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Watermelon Chunks	Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Watermelon Chunks	Artisan Sausage Pizza Italian Vegetables Corn Salad Watermelon Chunks

# PONCA CITY HIGH SCHOOL

	<u>09/03</u>	<u>09/04</u>	<u>09/05</u>	<u>09/06</u>	<u>09/07</u>
<b>Retro</b>		Cheeseburger Baked Beans French Fries Tossed Salad Fruit, Fresh Assorted	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Chicken Wrap Tossed Salad Baby Carrots California Blend Veggies Jello Fruit, Fresh Assorted	Cheeseburger Vegetables, California Blend Tossed Salad Cherry Tomatoes Fruit, Fresh Assorted
<b>CHIX</b>		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> 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 Ww 12" Mission 12579 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 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> 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 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
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## ST. MARY'S

	<u>09/03</u>	<u>09/04</u>	<u>09/05</u>	<u>09/06</u>	<u>09/07</u>
<b>Lunch</b>		Mini Corn Dogs Mac & Cheese Broccoli Tossed Salad Seasoned Black Beans Fresh Fruit	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Fresh Fruit	Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Fresh Fruit	Artisan Sausage Pizza Italian Vegetables Corn Salad Fresh Fruit

## WASHINGTON PRE-K CENTER

	<u>09/03</u>	<u>09/04</u>	<u>09/05</u>	<u>09/06</u>	<u>09/07</u>
<b>Lunch</b>		Mac & Cheese Seasoned Black Beans Watermelon Chunks	Popcorn Chicken Mashed Potatoes Watermelon Chunks	Mini Twin Sliders Green Beans Watermelon Chunks	Artisan Sausage Pizza Italian Vegetables Watermelon Chunks

## WEST MIDDLE SCHOOL

	<u>09/03</u>	<u>09/04</u>	<u>09/05</u>	<u>09/06</u>	<u>09/07</u>
<b>Lunch</b>		Mac & Cheese Mini Corn Dogs Tossed Salad Seasoned Black Beans Watermelon Chunks	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Watermelon Chunks	Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Watermelon Chunks	Artisan Sausage Pizza Italian Vegetables Corn Salad Watermelon Chunks