

## EAST MID HIGH

	<u>11/26</u>	<u>11/27</u>	<u>11/28</u>	<u>11/29</u>	<u>11/30</u>
<b>Lunch</b>	Chicken Wrap Carrot Sticks Baked Beans Apple Slices Pkg	Mini Corn Dogs Mac & Cheese Tossed Salad Broccoli, Steamed Seasoned Black Beans Apple Slices Pkg	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Lemongrass Chicken Mini Twin Sliders Brown Rice Pilaf Cherry Tomatoes Tossed Salad Apple Slices Pkg	Artisan Sausage Pizza Corn Salad Italian Vegetables Tossed Salad Mixed Fruit Apple Slices Pkg

## ELEMENTARY SCHOOLS

	<u>11/26</u>	<u>11/27</u>	<u>11/28</u>	<u>11/29</u>	<u>11/30</u>
<b>Lunch</b>	Mini Corn Dogs Pretzel Cheese Sauce Carrot Sticks Baked Beans Apple Slices Pkg	Mac & Cheese Chicken & Waffles Tossed Salad Harvest Cheddar Sun Chip Seasoned Black Beans Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Apple Slices Pkg	Artisan Sausage Pizza Italian Vegetables Corn Salad Apple Slices Pkg

# PONCA CITY HIGH SCHOOL

	<u>11/26</u>	<u>11/27</u>	<u>11/28</u>	<u>11/29</u>	<u>11/30</u>
<b>Retro</b>	Steak, Chicken Fried Mashed Potatoes 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	Chicken Wrap Tossed Salad Baby Carrots California Blend Veggies Jello Fruit, Fresh Assorted	Cheeseburger California Blend Veggies Tossed Salad Cherry Tomatoes 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
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	<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>11/26</u>	<u>11/27</u>	<u>11/28</u>	<u>11/29</u>	<u>11/30</u>
<b>Lunch</b>	Chicken Wrap Carrot Sticks Baked Beans Apple Slices Pkg	Mini Corn Dogs Mac & Cheese Harvest Cheddar Sun Chip Tossed Salad Seasoned Black Beans Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Lemongrass Chicken Mini Twin Sliders Brown Rice Pilaf Cherry Tomatoes Tossed Salad Apple Slices Pkg	Artisan Sausage Pizza Corn Salad Italian Vegetables Apple Slices Pkg

## WASHINGTON PRE-K CENTER

	<u>11/26</u>	<u>11/27</u>	<u>11/28</u>	<u>11/29</u>	<u>11/30</u>
<b>Lunch</b>	Mini Corn Dogs Carrot Sticks Craisins Cherry	Mac & Cheese Seasoned Black Beans Craisins Cherry	Popcorn Chicken Mashed Potatoes Dinner Roll Craisins Cherry	Mini Twin Sliders Green Beans Craisins Cherry	Artisan Sausage Pizza Italian Vegetables Craisins Cherry

## WEST MIDDLE SCHOOL

	<u>11/26</u>	<u>11/27</u>	<u>11/28</u>	<u>11/29</u>	<u>11/30</u>
<b>Lunch</b>	Mini Corn Dogs Pretzel Cheese Sauce Carrot Sticks Baked Beans Apple Slices Pkg	Mac & Cheese Chicken & Waffles Tossed Salad Harvest Cheddar Sun Chip Seasoned Black Beans Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Apple Slices Pkg	Artisan Sausage Pizza Italian Vegetables Corn Salad Apple Slices Pkg