

## EAST MID HIGH

	<u>09/02</u>	<u>09/03</u>	<u>09/04</u>	<u>09/04</u>	<u>09/05</u>
<b>Lunch</b>		Mac & Cheese Corn Dog Tossed Salad Seasoned Black Beans Broccoli, Steamed Craisins Cherry	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Craisins Cherry	Lemongrass Chicken Brown Rice Pilaf Grape Tomatoes Mini Twin Sliders Tossed Salad Craisins Cherry	Artisan Sausage Pizza Italian Vegetables Corn Salad Tossed Salad Craisins Cherry

## ELEMENTARY SCHOOLS

	<u>09/02</u>	<u>09/03</u>	<u>09/04</u>	<u>09/04</u>	<u>09/05</u>
<b>Lunch</b>		Mac & Cheese Chicken & Waffles Tossed Salad Harvest Cheddar Sun Chip Seasoned Black Beans Craisins Cherry	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Craisins Cherry	Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Craisins Cherry	Artisan Sausage Pizza Italian Vegetables Corn Salad Craisins Cherry

# PONCA CITY HIGH SCHOOL

	<u>09/02</u>	<u>09/03</u>	<u>09/04</u>	<u>09/04</u>	<u>09/05</u>
<b>Retro</b>		Cheeseburger Baked Beans Potatoes, Tater Tots Tossed Salad Fruit, Fresh Assorted	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Steak, Chicken Fried BBQ Sandwich Glazed Carrots Harvest Cheddar Sun Chip Chocolate Brownie Fruit, Fresh Assorted	Wildcat Burger Sloppy Joe Baked Beans (Vegetarian) Mixed Vegetables Tossed Salad Fruit, Fresh Assorted
<b>CHIX</b>	Pizza, Cheese Pepperoni Pizza Chicken Wings French Fries Fruit, Fresh Assorted	Chicken Chunk Honey BBQ Steak, Chicken Fried Potato Wedge Fruit, Fresh Assorted	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Chicken Buffalo Chunk Chicken Wings Cheese Stick Bosco French Fries Dinner Roll Fruit, Fresh Assorted	Nacho Bites Potato Wedge 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>09/02</u>	<u>09/03</u>	<u>09/04</u>	<u>09/04</u>	<u>09/05</u>
<b>Lunch</b>		Mac & Cheese Chicken & Waffles Tossed Salad Harvest Cheddar Sun Chip Seasoned Black Beans Craisins Cherry	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Craisins Cherry	Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Craisins Cherry	Artisan Sausage Pizza Italian Vegetables Corn Salad Craisins Cherry

## WASHINGTON PRE-K CENTER

	<u>09/02</u>	<u>09/03</u>	<u>09/04</u>	<u>09/04</u>	<u>09/05</u>
<b>Lunch</b>		Mac & Cheese Seasoned Black Beans Craisins Cherry	Popcorn Chicken Mashed Potatoes Craisins Cherry	Mini Twin Sliders Green Beans Craisins Cherry	Artisan Sausage Pizza Italian Vegetables Craisins Cherry

## WEST MIDDLE SCHOOL

	<u>09/02</u>	<u>09/03</u>	<u>09/04</u>	<u>09/04</u>	<u>09/05</u>
<b>Lunch</b>		Mac & Cheese Chicken & Waffles Tossed Salad Harvest Cheddar Sun Chip Seasoned Black Beans Craisins Cherry	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Craisins Cherry	Lemongrass Chicken Brown Rice Pilaf Mini Twin Sliders Cherry Tomatoes Tossed Salad Craisins Cherry	Artisan Sausage Pizza Italian Vegetables Corn Salad Craisins Cherry