

## EAST MID HIGH

	<u>10/21</u>	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>
<b>Lunch</b>	Sandwich, Turkey Ham Turkey Sandwich Salad, Ham Chef Salad, Turkey Chef Salad, Yogurt/Seasonal Mozz	Nachos Meat & Cheese Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Apples Cinnamon Slices	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Apples Cinnamon Slices	BBQ Sandwich Grilled Cheese Sandwich Carrot Sticks Potato Crispwedge Tossed Salad Apples Cinnamon Slices	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Apples Cinnamon Slices

## ELEMENTARY SCHOOLS

	<u>10/21</u>	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>
<b>Lunch</b>	Sandwich, Turkey Ham Turkey Sandwich Salad, Ham Chef Salad, Turkey Chef Salad, Yogurt/Seasonal Mozz	Cheese Quesadilla Hot Dog on Bun Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Apples Cinnamon Slices	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Apples Cinnamon Slices	BBQ Sandwich Grilled Cheese Sandwich Carrot Sticks Potato Crispwedge Tossed Salad Apples Cinnamon Slices	Bosco Stick Marinara Sauce Chicken Parmesan Garlic Bread Corn Garbonza Bean Salad Jello Apples Cinnamon Slices

# PONCA CITY HIGH SCHOOL

	<u>10/21</u>	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>
<b>Retro</b>	Sandwich, Turk/Ham/Ch Sandwich, Tuna Salad Sandwich, Ww Assortment Sandwich, Chicken Salad Crispy Chicken Salad Salad, Garden Chef w/ Egg Salad, Ham Chef	Cheeseburger Baked Beans French Fries Tossed Salad Fruit, Fresh Assorted	Chicken Strip Panko Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Rib Dippers Chicken Leg Tossed Salad Sweet Potato Fries Broccoli Salad Fruit, Fresh Assorted	Frito Chili Pie Chili/Cheese Dog Mexi Beans Grape Tomatoes Tossed Salad Jello 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  -----

	<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>10/21</u>	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>
<b>Lunch</b>	Sandwich, Turkey Ham Turkey Sandwich Salad, Ham Chef Salad, Turkey Chef Salad, Yogurt/Seasonal Mozz	Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Applesauce, Sweetened	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Chik N' Fry Stix Applesauce, Sweetened	BBQ Sandwich Grilled Cheese Sandwich Carrot Sticks Potato Crispwedge Tossed Salad Applesauce, Sweetened	Bosco Stick Marinara Sauce Chicken Parmesan Corn Garbonza Bean Salad Applesauce, Sweetened

## WASHINGTON PRE-K CENTER

	<u>10/21</u>	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>
<b>Lunch</b>		Hot Dog on Bun Peas Apples Cinnamon Slices	Chicken Strips Mashed Potatoes Dinner Roll Apples Cinnamon Slices	BBQ Sandwich Green Beans Apples Cinnamon Slices	Bosco Stick Marinara Sauce Corn Apples Cinnamon Slices

## WEST MIDDLE SCHOOL

	<u>10/21</u>	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>
<b>Lunch</b>	Sandwich, Turkey Ham Turkey Sandwich Salad, Ham Chef Salad, Turkey Chef Salad, Yogurt/Seasonal Mozz	Cheese Quesadilla Tangerine Chicken Tossed Salad Peas Brown Rice Pilaf Apples Cinnamon Slices	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Apples Cinnamon Slices	BBQ Sandwich Grilled Cheese Sandwich Carrot Sticks Potato Crispwedge Tossed Salad Apples Cinnamon Slices	Bosco Stick Marinara Sauce Chicken Parmesan Corn Muffin Corn Garbonza Bean Salad Apples Cinnamon Slices