

## EAST MID HIGH

	<u>11/18</u>	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>
<b>Lunch</b>	Rib Patty Sandwich Pizza, Wildmike Pepperoni Glazed Carrots Baked Beans Apples Cinnamon Slices	Cheese Quesadilla Tangerine Chicken Tossed Salad Brown Rice Pilaf Peas Apples Cinnamon Slices	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Apples Cinnamon Slices	BBQ Sandwich Grilled Cheese Sandwich Baby Carrots Tossed Salad Potato Wedge Apples Cinnamon Slices	Chicken Parmesan Cheese Stick Bosco Marinara Sauce Bean Salad Corn Apples Cinnamon Slices

## ELEMENTARY SCHOOLS

	<u>11/18</u>	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Applesauce, Sweet Cinnamon	Cheese Quesadilla Hot Dog on Bun Tossed Salad Peas Brown Rice Pilaf Applesauce, Sweet Cinnamon	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Applesauce, Sweet Cinnamon	BBQ Sandwich Grilled Cheese Sandwich Carrot Sticks Potato Crispwedge Tossed Salad Applesauce, Sweet Cinnamon	Bosco Stick Marinara Sauce Chicken Parmesan Corn Muffin Corn Garbonza Bean Salad Applesauce, Sweet Cinnamon

# PONCA CITY HIGH SCHOOL

	<u>11/18</u>	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>
<b>Retro</b>	Salisbury Steak Steak Fingers Brown Gravy Mashed Potatoes Broccoli Tossed Salad Fruit, Fresh Assorted	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 Scalloped Potatoes Baby Carrots 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
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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>11/18</u>	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>
<b>Lunch</b>	Rib Patty Sandwich Pepperoni Pizza Baked Beans Glazed Carrots Applesauce, Sweet Cinnamon	Tangerine Chicken Cheese Quesadilla Tossed Salad Peas Brown Rice Pilaf Applesauce, Sweet Cinnamon	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Pepperoni Pizza Applesauce, Sweet Cinnamon	Grilled Cheese Sandwich BBQ Sandwich Baby Carrots Tossed Salad Potato Wedge Applesauce, Sweet Cinnamon	Chicken Parmesan Cheese Stick Bosco Marinara Sauce Bean Salad Corn Applesauce, Sweet Cinnamon

## WASHINGTON PRE-K CENTER

	<u>11/18</u>	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>
<b>Lunch</b>	Pepperoni Pizza Glazed Carrots Applesauce, Sweet Cinnamon	Hot Dog on Bun Peas Applesauce, Sweet Cinnamon	Chicken Strips Mashed Potatoes Applesauce, Sweet Cinnamon	Grilled Cheese Sandwich Green Beans Applesauce, Sweet Cinnamon	Bosco Stick Marinara Sauce Corn Applesauce, Sweet Cinnamon

## WEST MIDDLE SCHOOL

	<u>11/18</u>	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</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 Grilled Cheese Sandwich Carrot Sticks Potato Crispwedge Tossed Salad Applesauce, Sweet Cinnamon	Bosco Stick Marinara Sauce Chicken Parmesan Corn Muffin Corn Garbonza Bean Salad Applesauce, Sweet Cinnamon