

EAST MID HIGH

	<u>09/28</u>	<u>09/29</u>	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>
Lunch	Hamburger Cheese, Slice, American French Fries Baby Carrots Peaches, Sliced	Frito Chili Pie Chicken Patty Sandwich Tossed Salad Mexi Beans Peaches, Sliced	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Peaches, Sliced	Spaghetti & Meat Sauce Garlic Bread Tossed Salad Cherry Tomatoes Peaches, Sliced	Beef Bean Burrito Cheese Sauce Beef Taco Stick Refried Beans Corn Tossed Salad Peaches, Sliced

ELEMENTARY SCHOOLS

	<u>09/28</u>	<u>09/29</u>	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>
Lunch	Grilled Cheese Sandwich Baby Carrots French Fries Orange, Fresh Wedges	Frito Chili Pie Tossed Salad Mexi Beans Orange, Fresh Wedges	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Orange, Fresh Wedges	Spaghetti & Meat Sauce Garlic Bread Grape Tomatoes Tossed Salad Orange, Fresh Wedges	Beef Burrito Cheese Sauce Corn Refried Beans Orange, Fresh Wedges

PONCA CITY HIGH SCHOOL

	<u>09/28</u>	<u>09/29</u>	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>
Retro	Chicken Leg Sweet Potato Fries Pasta Salad Broccoli Salad Tossed Salad Fruit, Fresh Assorted	Cheeseburger French Fries Baked Beans (Vegetarian) Tossed Salad Fruit, Fresh Assorted	Chicken Strip Panko Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted Chicken Patty Sandwich	Wildcat Burger Tossed Salad Glazed Carrots Fruit, Fresh Assorted	Chili/Cheese Dog Mexi Beans Cherry Tomatoes Tossed Salad Fruit, Fresh Assorted
CHIX	Chicken Wings French Fries Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted	Popcorn Smackers Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted	Chicken Buffalo Chunk French Fries Dinner Roll Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted	Chicken Wings Dinner Roll Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted
My Way	<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>Italian/Sub/Asian Kiosk</u> Lemongrass Chicken Tangerine Chicken	<u>Mexican Kiosk</u> Cheese Enchilada Enchilada, Beef Taco Bar Mexi Beans Mexi Rice ----- <u>Italian/Sub/Asian Kiosk</u> Combo Sub Deli Sub Sandwich, Combo 3" Sub Wg Sandwich, Ham Sub Sandwich, Rb 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	<u>Mexican Kiosk</u> Cheese Enchilada Enchilada, Beef Taco Bar Mexi Beans Mexi Rice ----- <u>Italian/Sub/Asian Kiosk</u> Combo Sub Deli Sub Sandwich, Combo 3" Sub Wg Sandwich, Ham Sub Sandwich Rb Sub	<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> Salad, Chicken Caesar Chicken Alfredo with a Twist

On the Fly	Pepperoni Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Chicken Wrap Apple Berry Salad Spinach Salad w/Berries Combo Sub Fruit, Fresh Assorted	Pepperoni Pinwheel Crispy Chicken Salad Salad, Ham Garden Chicken Salad Soup, Tomato Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted	Pepperoni Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted	Pepperoni Pinwheel Crispy Chicken Salad Salad, Ham Garden Soup, Tomato Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted	Pepperoni Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted
-------------------	---	--	--	--	--

ST. MARY'S

	<u>09/28</u>	<u>09/29</u>	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>
Lunch	Grilled Cheese Sandwich French Fries Baby Carrots Peaches, Sliced	Frito Chili Pie Tossed Salad Mexi Beans Peaches, Sliced	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Peaches, Sliced	Spaghetti & Meat Sauce Tossed Salad Grape Tomatoes LowFat Milk Peaches, Sliced	Beef Bean Burrito Cheese Sauce Corn Refried Beans Rice Krispie Treats Homemade Peaches, Sliced

WASHINGTON PRE-K CENTER

	<u>09/28</u>	<u>09/29</u>	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>
Lunch	Grilled Cheese Sandwich Baby Carrots Orange, Fresh Wedges LowFat Milk	Frito Chili Pie Mexi Beans Orange, Fresh Wedges LowFat Milk	Chik N' Fry Stix Mashed Potatoes Orange, Fresh Wedges LowFat Milk	Spaghetti & Meat Sauce Tossed Salad Orange, Fresh Wedges	Beef Bean Burrito Cheese Sauce Cheese Sauce, Ultimate Cheddar Corn Rice Krispie Treats Homemade Orange, Fresh Wedges

WEST MIDDLE SCHOOL

	<u>09/28</u>	<u>09/29</u>	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>
Lunch	Hamburger Potato Wedge French Fries Carrot Sticks Orange, Fresh Wedges	Frito Chili Pie Chicken Patty Sandwich Mexi Beans Tossed Salad Orange, Fresh Wedges	Chik N' Fry Stix Mashed Potatoes Green Beans Dinner Roll Orange, Fresh Wedges	Spaghetti & Meat Sauce Garlic Bread Sandwich, Meatball Tossed Salad Cherry Tomatoes Orange, Fresh	Beef Bean Burrito Cheese Sauce Beef Taco Stick Refried Beans Corn Rice Krispie Treats Homemade Orange, Fresh