

## EAST MID HIGH

	<u>11/09</u>	<u>11/10</u>	<u>11/11</u>	<u>11/12</u>	<u>11/13</u>
<b>Lunch</b>	Hamburger Baby Carrots Ranch Dressing French Fries Pears: Canned, Light Syrup	Chicken Patty Sandwich Frito Chili Pie Tossed Salad Mexi Beans Pears: Canned, Light Syrup	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Pears: Canned, Light Syrup	Spaghetti & Meat Sauce Garlic Bread Sandwich, Meatball Tossed Salad Cherry Tomatoes Rice Krispie Treats Pears: Canned, Light Syrup	Beef Bean Burrito Cheese Sauce Beef Taco Stick Refried Beans Corn Jello Pears: Canned, Light Syrup

## ELEMENTARY SCHOOLS

	<u>11/09</u>	<u>11/10</u>	<u>11/11</u>	<u>11/12</u>	<u>11/13</u>
<b>Lunch</b>	Grilled Cheese Sandwich Baby Carrots Ranch Dressing French Fries Peaches, Sliced	Frito Chili Pie Tossed Salad Mexi Beans Peaches, Sliced	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Peaches, Sliced	Spaghetti & Meat Sauce Garlic Bread Tossed Salad Cherry Tomatoes Rice Krispie Treats Peaches, Sliced	Sandwich, Turkey Ham Turkey Sandwich Salad, Ham Chef Salad, Turkey Chef Salad, Yogurt/Seasonal Mozz

# PONCA CITY HIGH SCHOOL

	<u>11/09</u>	<u>11/10</u>	<u>11/11</u>	<u>11/12</u>	<u>11/13</u>
<b>Retro</b>	Chicken Leg Sweet Potato Fries 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	Chili/Cheese Dog Scalloped Potatoes Baby Carrots Fruit, Fresh Assorted	Sandwich, Turk/Ham/Ch Sandwich, Tuna Salad Sandwich, Ww Assortment Sandwich, Chicken Salad Crispy Chicken Salad Salad, Garden Chef w/Egg Salad, Ham Chef
<b>CHIX</b>	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
<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>	<u>Italian/Sub/Asian Kiosk</u>	<u>Italian/Sub/Asian Kiosk</u>	<u>Italian/Sub/Asian Kiosk</u>	<u>Italian/Sub/Asian Kiosk</u>
	Lemongrass Chicken Tangerine Chicken	Combo Sub Deli Sub Sandwich, Combo 3" Sub Wg Sandwich, Ham Sub Sandwich, Rb Sub	Chicken Alfredo with a Twist Pasta Noodles	Combo Sub Deli Sub Sandwich, Combo 3" Sub Wg Sandwich, Ham Sub Sandwich Rb Sub	Salad, Chicken Caesar Chicken Alfredo with a Twist
<b>On the Fly</b>	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>11/09</u>	<u>11/10</u>	<u>11/11</u>	<u>11/12</u>	<u>11/13</u>
<b>Lunch</b>	Grilled Cheese Sandwich Baby Carrots Ranch Dressing French Fries Peaches, Sliced	Frito Chili Pie Tossed Salad Mexi Beans Peaches, Sliced	Chicken Sticks Mashed Potatoes Green Beans Dinner Roll Peaches, Sliced	Spaghetti & Meat Sauce Garlic Bread Tossed Salad Cherry Tomatoes Rice Krispie Treats Peaches, Sliced	Beef Bean Burrito Cheese Sauce Corn Refried Beans Peaches, Sliced

## WASHINGTON PRE-K CENTER

	<u>11/09</u>	<u>11/10</u>	<u>11/11</u>	<u>11/12</u>	<u>11/13</u>
<b>Lunch</b>	Grilled Cheese Sandwich Baby Carrots Ranch Dressing Orange, Fresh Wedges	Frito Chili Pie Mexi Beans Peaches, Sliced	Chicken Strips Mashed Potatoes Dinner Roll Peaches, Sliced	Spaghetti & Meat Sauce Tossed Salad Rice Krispie Treats Peaches, Sliced	

## WEST MIDDLE SCHOOL

	<u>11/09</u>	<u>11/10</u>	<u>11/11</u>	<u>11/12</u>	<u>11/13</u>
<b>Lunch</b>	Hamburger Baby Carrots Ranch Dressing French Fries Peaches, Sliced	Frito Chili Pie Chicken Patty Sandwich Tossed Salad Mexi Beans Peaches, Sliced	Chicken Sticks Mashed Potatoes Green Beans Dinner Roll Peaches, Sliced	Spaghetti & Meat Sauce Garlic Bread Sandwich, Meatball Tossed Salad Cherry Tomatoes Rice Krispie Treats Peaches, Sliced	Sandwich, Turkey Ham Turkey Sandwich Salad, Ham Chef Salad, Turkey Chef Salad, Yogurt/Seasonal Mozz