

## **EAST MID HIGH**

	<u><b>01/16</b></u>	<u><b>01/17</b></u>	<u><b>01/18</b></u>	<u><b>01/19</b></u>	<u><b>01/20</b></u>
<b>Lunch</b>		Cheese Enchilada Mini Twin Sliders Tossed Salad Refried Beans	Chicken Strip Green Beans Mashed Potatoes Dinner Roll	Hot Dog Ravioli Garlic Bread Tossed Salad Mixed Vegetables	Cheese Pizza Corn Baby Carrots Ranch Dressing
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

## **ELEMENTARY SCHOOLS**

	<u><b>01/16</b></u>	<u><b>01/17</b></u>	<u><b>01/18</b></u>	<u><b>01/19</b></u>	<u><b>01/20</b></u>
<b>Lunch</b>		Cheese Enchilada Mini Twin Cheeseburger Tossed Salad Refried Beans Mexi Rice Pears	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Pears	Hot Dog Ravioli Garlic Bread Tossed Salad Mixed Vegetables Pears	Cheese Pizza Corn Baby Carrots Ranch Dressing Pears
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

# PONCA CITY HIGH SCHOOL

	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>	<u>01/20</u>
<b>Bowls Italian and Asian</b>	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection
<b>CHIX Lunch</b>	Chicken Chunk Loaded Chicken Chunk Dinner Roll French Fries Assorted Fresh Fruit	Popcorn Smackers Calzone Hamburger French Fries Dinner Roll Assorted Fresh Fruit	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Assorted Fresh Fruit	Buffalo Chicken Chunk IMAC's Bomb Pulled Pork Sandwich French Fries Dinner Roll Assorted Fresh Fruit	Popcorn Smackers Buffalo Chicken Pizza Assorted Pizza Dinner Roll Assorted Fresh Fruit
<b>Eat Muchos Tacos</b>	Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit	Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit	Taco Bar BYO Stuffed Burrito Tostado Street Taco Chicken Day Mexi Beans Mexi Rice Fresh Fruit	Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit	Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit

YOU BUILD IT: Choose Your BASE, PROTEIN, TOPPINGS, and SALSA

Menus may change and are subject to availability.  
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!

## ST. MARY'S

	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>	<u>01/20</u>
<b>Lunch</b>		Cheese Enchilada Mini Twin Sliders Tossed Salad Refried Beans Mexi Beans Pears	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Pears	Hot Dog Ravioli Garlic Bread Tossed Salad Mixed Vegetables Pears	Cheese Pizza Corn Baby Carrots Ranch Dressing Pears
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					
<b>Meals on Wheels</b>	Spaghetti & Meatballs Tossed Salad Vegetable Selection Bread Stick Dessert	Hamburger Ranch Beans Oven Fried Potatoes Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	BBQ Sandwich French Fries Baked Beans Fresh Tossed Salad Dessert	Salisbury Steak Brown Gravy Mashed Potatoes Vegetable Selection Dessert
Menus may change and are subject to availability.					

## WASHINGTON PRE-K CENTER

	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>	<u>01/20</u>
<b>Lunch</b>		Mini Twin Sliders Tossed Salad Pears	Chicken Strip Mashed Potatoes Pears	Ravioli Mixed Vegetables Pears	Cheese Pizza Baby Carrots Ranch Dressing Pears

## WEST MIDDLE SCHOOL

	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>	<u>01/20</u>
<b>Lunch</b>		Cheese Enchilada Mini Twin Sliders Tossed Salad Refried Beans Pears	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Pears	Hot Dog Ravioli Garlic Bread Tossed Salad Mixed Vegetables Pears	Cheese Pizza Corn Baby Carrots Ranch Dressing Pears
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					