

## EAST MID HIGH

	<u>09/18</u>	<u>09/19</u>	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>
<b>Lunch</b>		Frito Chili Pie Corn Dog Glazed Carrots Italian Vegetables Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Fresh Fruit	Cheese Lasagna Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Mexi Rice Fresh Fruit	Assorted Pizza Baby Carrots Ranch Dressing Corn Fresh Fruit

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

## ELEMENTARY SCHOOLS

	<u>09/18</u>	<u>09/19</u>	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>
<b>Lunch</b>		Frito Chili Pie Corn Dog Glazed Carrots Mexi Beans Cinnamon Apple Slices	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Cinnamon Apple Slices	Cheese Lasagna Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Mexi Rice Cinnamon Apple Slices	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Cinnamon Apple Slices

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# PONCA CITY HIGH SCHOOL

	<u>09/18</u>	<u>09/19</u>	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>
<b>Bowls Italian and Asian</b>		Asian RICE BOWLS Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS PHO Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection
<b>Bowls Mexican and American</b>		Build Your Own Taco Bowl Nachos Meat & Cheese	Build Your Own Taco Bowl Nachos Meat & Cheese	Build Your Own Taco Bowl Nachos Meat & Cheese	Build Your Own Taco Bowl Nachos Meat & Cheese
<b>CHIX Lunch</b>		Popcorn Smackers Calzone Hamburger French Fries Dinner Roll Assorted Fresh Fruit	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Assorted Fresh Fruit	Buffalo Chicken Chunks BBQ Sandwich French Fries Dinner Roll Assorted Fresh Fruit	Popcorn Smackers 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 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

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## ST. MARY'S

	<u>09/18</u>	<u>09/19</u>	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>
<b>Lunch</b>	Hamburger Cheese, Slice, American Baked Beans Broccoli w/Cheese Cinnamon Apple Slices	Corn Dog Frito Chili Pie Glazed Carrots Italian Vegetables Cinnamon Apple Slices	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Cinnamon Apple Slices	Cheese Lasagna Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Mexi Rice Cinnamon Apple Slices	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Cinnamon Apple Slices

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<b>Meals on Wheels</b>	Chicken Alfredo Garlic Bread Vegetable Selection Dessert	Hamburger French Fries Ranch Beans Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Chicken, Teriyaki Egg Roll Rice, White Broccoli Dessert	Stuffed Green Pepper Vegetable Selection Dinner Roll Dessert
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## WASHINGTON PRE-K CENTER

	<u>09/18</u>	<u>09/19</u>	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>
<b>Lunch</b>		Frito Chili Pie Mexi Beans Cinnamon Apple Slices	Chicken Strip Mashed Potatoes Cinnamon Apple Slices	Cheese Bites Marinara Sauce Tossed Salad Cinnamon Apple Slices	Pepperoni Pizza Baby Carrots Ranch Dressing Cinnamon Apple Slices

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## WEST MIDDLE SCHOOL

	<u>09/18</u>	<u>09/19</u>	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>
<b>Lunch</b>		Hot Ham & Cheese Corn Dog Glazed Carrots Italian Vegetables Cinnamon Apple Slices	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Cinnamon Apple Slices	Cheese Lasagna Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Mexi Rice Cinnamon Apple Slices	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Cinnamon Apple Slices

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