

## **EAST MID HIGH**

	<u><b>09/04</b></u>	<u><b>09/05</b></u>	<u><b>09/06</b></u>	<u><b>09/07</b></u>	<u><b>09/08</b></u>
<b>Lunch</b>		Cheese Enchilada Grilled Cheese Refried Beans Tossed Salad Mexi Rice Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Tossed Salad Fresh Fruit	Hot Dog Chili/Cheese Dog Tossed Salad Mixed Vegetables Birthday Bar Tossed Salad Fresh Fruit	Assorted Pizza Corn Baby Carrots Ranch Dressing Tossed Salad Fresh Fruit

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

## **ELEMENTARY SCHOOLS**

	<u><b>09/04</b></u>	<u><b>09/05</b></u>	<u><b>09/06</b></u>	<u><b>09/07</b></u>	<u><b>09/08</b></u>
<b>Lunch</b>		Cheese Enchilada Grilled Cheese Refried Beans Tossed Salad Mexi Rice Mixed Berry Cup	Chicken Strip Green Beans Baked Beans Mashed Potatoes Dinner Roll Mixed Berry Cup	Cheese Nachos Hot Dog Tossed Salad Mixed Vegetables Mixed Berry Cup	Cheese Pizza Corn Baby Carrots Ranch Dressing Mixed Berry Cup

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# PONCA CITY HIGH SCHOOL

	<u>09/04</u>	<u>09/05</u>	<u>09/06</u>	<u>09/07</u>	<u>09/08</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 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>09/04</u>	<u>09/05</u>	<u>09/06</u>	<u>09/07</u>	<u>09/08</u>
<b>Lunch</b>		Cheese Enchilada Grilled Cheese Refried Beans Tossed Salad Mexi Rice Mixed Berry Cup	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Mixed Berry Cup	Hot Dog Cheese Nachos Tossed Salad Mixed Vegetables Mixed Berry Cup Birthday Bar	Cheese Pizza Corn Baby Carrots Ranch Dressing Mixed Berry Cup

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<b>Meals on Wheels</b>		Hamburger French Fries Ranch Beans Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Mongolian Beef Rice, White Broccoli Dessert	Chicken Fried Steak Country Gravy Vegetable Selection Mashed Potatoes Dessert
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## WASHINGTON PRE-K CENTER

	<u>09/04</u>	<u>09/05</u>	<u>09/06</u>	<u>09/07</u>	<u>09/08</u>
<b>Lunch</b>		Cheese Enchilada Tossed Salad Peaches, Sliced	Chicken Strip Mashed Potatoes Peaches, Sliced	Hot Dog Mixed Vegetables Peaches, Sliced Birthday Bar	Cheese Pizza Baby Carrots Ranch Dressing Peaches, Sliced

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## WEST MIDDLE SCHOOL

	<u>09/04</u>	<u>09/05</u>	<u>09/06</u>	<u>09/07</u>	<u>09/08</u>
<b>Lunch</b>		Cheese Enchilada Grilled Cheese Refried Beans Tossed Salad Mexi Rice Mixed Berry Cup	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Mixed Berry Cup	Cheese Nachos Hot Dog Tossed Salad Mixed Vegetables Mixed Berry Cup Birthday Bar	Cheese Pizza Corn Baby Carrots Ranch Dressing Mixed Berry Cup

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We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!