

EAST MID HIGH

	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>	<u>10/12</u>	<u>10/13</u>
Lunch	Mini Twin Cheeseburger Baked Beans Tossed Salad Baby Carrots Fresh Fruit	Ravioli Mac & Cheese Garlic Bread Tossed Salad Peas Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Fresh Fruit	Tangerine Chicken Chicken Wrap Harvest Cheddar Sun Chip Brown Rice Tossed Salad Grape Tomatoes Fresh Fruit	

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

ELEMENTARY SCHOOLS

	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>	<u>10/12</u>	<u>10/13</u>
Lunch	Mini Twin Cheeseburger Baked Beans Baby Carrots Apple Slices Pkg	Ravioli Mac & Cheese Garlic Bread Tossed Salad Peas Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Tangerine Chicken Bean Burrito Brown Rice Tossed Salad Grape Tomatoes Apple Slices Pkg	

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PONCA CITY HIGH SCHOOL

	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>	<u>10/12</u>	<u>10/13</u>
Bowls Italian and Asian	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS Fried Rice Vegetable Selection	
Bowls Mexican and American	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	
CHIX Lunch	Chicken Chunk Loaded Chicken Chunk Dinner Roll Assorted Fresh Fruit	Popcorn Smackers Calzone Hamburger French Fries Dinner Roll Assorted Fresh Fruit	BBQ Sandwich Chicken Strips Mashed Potatoes Green Beans Dinner Roll Assorted Fresh Fruit	Buffalo Chicken Chunks Chef Jeff's BBQ Beef Sandwich French Fries Dinner Roll Assorted Fresh Fruit	
Eat Muchos Tacos	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	

ST. MARY'S

	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>	<u>10/12</u>	<u>10/13</u>
Lunch	Mini Twin Cheeseburger Baked Beans Baby Carrots Apple Slices Pkg	Ravioli Mac & Cheese Garlic Bread Tossed Salad Peas Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Tangerine Chicken Bean Burrito Brown Rice Tossed Salad Grape Tomatoes Apple Slices Pkg	

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Meals on Wheels	Spaghetti & Meatballs Garlic Bread California Blend Veggies Dessert	Hamburger Oven Fried Potatoes Ranch Beans Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	BBQ Sandwich French Fries Baked Beans Fresh Tossed Salad Dessert	
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WASHINGTON PRE-K CENTER

	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>	<u>10/12</u>	<u>10/13</u>
Lunch	Mini Twin Cheeseburger Baked Beans Apple Slices Pkg	Mac & Cheese Tossed Salad Ranch Dressing Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Country Gravy Apple Slices Pkg	Tangerine Chicken Brown Rice Peas Apple Slices Pkg	

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WEST MIDDLE SCHOOL

	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>	<u>10/12</u>	<u>10/13</u>
Lunch	Mini Twin Cheeseburger Baked Beans Baby Carrots Apple Slices Pkg	Ravioli Mac & Cheese Garlic Bread Tossed Salad Peas Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Tangerine Chicken Bean Burrito Brown Rice Tossed Salad Grape Tomatoes Apple Slices Pkg	

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