

EAST MID HIGH

	<u>10/16</u>	<u>10/17</u>	<u>10/18</u>	<u>10/19</u>	<u>10/20</u>
Lunch		Corn Dog Frito Chili Pie Glazed Carrots Italian Vegetables Tossed Salad Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Fresh Fruit	Cheese Lasagna Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Fresh Fruit	Assorted Pizza Baby Carrots Tossed Salad 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>10/16</u>	<u>10/17</u>	<u>10/18</u>	<u>10/19</u>	<u>10/20</u>
Lunch		Corn Dog Frito Chili Pie Glazed Carrots Italian Vegetables Orange, Fresh Wedges	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Orange, Fresh Wedges	Cheese Lasagna Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Orange, Fresh Wedges	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Orange, Fresh Wedges

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PONCA CITY HIGH SCHOOL

	<u>10/16</u>	<u>10/17</u>	<u>10/18</u>	<u>10/19</u>	<u>10/20</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	Italian Pasta Bowl 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	Build Your Own Taco Bowl Nachos Meat & Cheese
CHIX Lunch	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 Chunks Chef Jeff's BBQ Beef Sandwich French Fries Dinner Roll Assorted Fresh Fruit	Popcorn Smackers Buffalo Chicken Pizza 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	Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit

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ST. MARY'S

	<u>10/16</u>	<u>10/17</u>	<u>10/18</u>	<u>10/19</u>	<u>10/20</u>
Lunch			Chicken Strip Green Beans Mashed Potatoes Dinner Roll Orange, Fresh Wedges	Cheese Lasagna Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Orange, Fresh Wedges	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Orange, Fresh Wedges
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Meals on Wheels		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

WASHINGTON PRE-K CENTER

	<u>10/16</u>	<u>10/17</u>	<u>10/18</u>	<u>10/19</u>	<u>10/20</u>
Lunch		Frito Chili Pie Mexi Beans Orange, Fresh Wedges	Chicken Strip Mashed Potatoes Country Gravy Orange, Fresh Wedges	Cheese Bites Marinara Sauce Tossed Salad Ranch Dressing Orange, Fresh Wedges	Pepperoni Pizza Baby Carrots Ranch Dressing Orange, Fresh Wedges
Menus may change and are subject to availability.					

WEST MIDDLE SCHOOL

	<u>10/16</u>	<u>10/17</u>	<u>10/18</u>	<u>10/19</u>	<u>10/20</u>
Lunch		Corn Dog Frito Chili Pie Glazed Carrots Italian Vegetables Orange, Fresh Wedges	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Orange, Fresh Wedges	Cheese Lasagna Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Orange, Fresh Wedges	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Orange, Fresh Wedges
Menus may change and are subject to availability. We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					