

## **EAST MID HIGH**

	<b><u>10/02</u></b>	<b><u>10/03</u></b>	<b><u>10/04</u></b>	<b><u>10/05</u></b>	<b><u>10/06</u></b>
<b>Lunch</b>	Rib Patty Sandwich Baked Beans Glazed Carrots Tossed Salad Fresh Fruit	Cheese Enchilada Grilled Cheese Refried Beans Tossed Salad Mexi Rice Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Fresh Fruit	Chili/Cheese Dog Hot Dog Tossed Salad Mixed Vegetables Birthday Bar Fresh Fruit	Assorted Pizza Corn Baby Carrots Tossed Salad Ranch Dressing Fresh Fruit

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

## **ELEMENTARY SCHOOLS**

	<b><u>10/02</u></b>	<b><u>10/03</u></b>	<b><u>10/04</u></b>	<b><u>10/05</u></b>	<b><u>10/06</u></b>
<b>Lunch</b>	Rib Patty Sandwich Baked Beans Glazed Carrots Pears	Cheese Enchilada Grilled Cheese Refried Beans Tossed Salad Mexi Rice Pears	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Pears	Hot Dog Cheese Nachos Tossed Salad Mixed Vegetables Birthday Bar Pears	Cheese Pizza Corn Baby Carrots Ranch Dressing Pears

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# PONCA CITY HIGH SCHOOL

	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>
<b>Bowls Italian and Asian</b>	Italian Pasta Bowl Vegetable Selection Chicken Chunk Loaded Chicken Chunk Dinner Roll French Fries Assorted Fresh Fruit	Asian RICE BOWLS Fried Rice Vegetable Selection Popcorn Smackers Calzone Hamburger French fries Dinner Roll Assorted Fresh Fruit	Italian Pasta Bowl Vegetable Selection Chicken Strips Mashed Potatoes Green Beans Dinner Roll Assorted Fresh Fruit	Asian RICE BOWLS Fried Rice Vegetable Selection Buffalo Chicken Chunks IMAC's Bomb Pulled Pork Sandwich French Fries Dinner Roll Assorted Fresh Fruit	Italian Pasta Bowl Vegetable Selection Popcorn Smackers Buffalo Chicken Pizza Assorted Pizza Dinner Roll Assorted Fresh Fruit
<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	Build Your Own Taco Bowl Nachos Meat & Cheese
<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 Chunks Chef Jeff's BBQ Beef Sandwich French Fries Dinner Roll Assorted Fresh Fruit	Popcorn Smackers Buffalo Chicken 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

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## ST. MARY'S

	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>
<b>Lunch</b>	Rib Patty Sandwich Baked Beans Glazed Carrots Pears	Cheese Enchilada Grilled Cheese Refried Beans Tossed Salad Mexi Rice Pears	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Pears	Cheese Nachos Hot Dog Tossed Salad Mixed Vegetables Birthday Bar Pears	Cheese Pizza Corn Baby Carrots Ranch Dressing Pears

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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	Chicken, Teriyaki Egg Roll Brown Rice Broccoli Dessert	Stuffed Green Pepper Vegetable Selection Dinner Roll Dessert
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## WASHINGTON PRE-K CENTER

	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>
<b>Lunch</b>	Rib Patty Sandwich Baked Beans Pears	Cheese Enchilada Tossed Salad Ranch Dressing Pears	Chicken Strip Mashed Potatoes Country Gravy Pears	Hot Dog Mixed Vegetables Pears	Cheese Pizza Baby Carrots Ranch Dressing Pears

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## WEST MIDDLE SCHOOL

	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>
<b>Lunch</b>	Rib Patty Sandwich Baked Beans Glazed Carrots Pears	Cheese Enchilada Grilled Cheese Refried Beans Tossed Salad Mexi Rice Pears	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Pears	Cheese Nachos Hot Dog Tossed Salad Mixed Vegetables Birthday Bar Pears	Cheese Pizza Corn Baby Carrots Ranch Dressing Pears

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