

## **EAST MID HIGH**

	<b><u>11/06</u></b>	<b><u>11/07</u></b>	<b><u>11/08</u></b>	<b><u>11/09</u></b>	<b><u>11/10</u></b>
<b>Lunch</b>	Mini Twin Cheeseburger Bean Burrito Tossed Salad Baked Beans Baby Carrots Apple Slices Pkg	Ravioli Mac & Cheese Garlic Bread Tossed Salad Peas Apple Slices Pkg	Chicken Strip Mashed Potatoes Green Beans Dinner Roll Apple Slices Pkg	Tangerine Chicken Steak Fingers Tossed Salad Brown Rice Grape Tomatoes Apple Slices Pkg	Pizza Pocket Tossed Salad Broccoli Bean Salad Apple Slices Pkg

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

## **ELEMENTARY SCHOOLS**

	<b><u>11/06</u></b>	<b><u>11/07</u></b>	<b><u>11/08</u></b>	<b><u>11/09</u></b>	<b><u>11/10</u></b>
<b>Lunch</b>	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	Fiesta Pizza Broccoli Bean Salad Apple Slices Pkg

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# PONCA CITY HIGH SCHOOL

	<u>11/06</u>	<u>11/07</u>	<u>11/08</u>	<u>11/09</u>	<u>11/10</u>
<b>Bowls Italian and Asian</b>	Italian Pasta Bowl Vegetable Selection	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	Build Your Own Taco Bowl Nachos Meat & Cheese
<b>CHIX Lunch</b>	Chicken Wings 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 Steak Fingers French Fries Dinner Roll Assorted Fresh Fruit	Popcorn Smackers BBQ Sandwich 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>11/06</u>	<u>11/07</u>	<u>11/08</u>	<u>11/09</u>	<u>11/10</u>
<b>Lunch</b>	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 Steak Fingers Brown Rice Tossed Salad Grape Tomatoes Apple Slices Pkg	Pizza Pocket Broccoli Bean Salad Apple Slices Pkg

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<b>Meals on Wheels</b>	Spaghetti & Meatballs California Blend Veggies Dinner Roll 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	Salisbury Steak Brown Gravy Mashed Potatoes Vegetable Selection Dinner Roll Dessert
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## WASHINGTON PRE-K CENTER

	<u>11/06</u>	<u>11/07</u>	<u>11/08</u>	<u>11/09</u>	<u>11/10</u>
<b>Lunch</b>	Mini Twin Cheeseburger Baked Beans Apple Slices Pkg	Ravioli Tossed Salad Apple Slices Pkg	Popcorn Chicken Mashed Potatoes Apple Slices Pkg	Tangerine Chicken Brown Rice Peas Apple Slices Pkg	Fiesta Pizza Broccoli Apple Slices Pkg

Menus may change and are subject to availability.

## WEST MIDDLE SCHOOL

	<u>11/06</u>	<u>11/07</u>	<u>11/08</u>	<u>11/09</u>	<u>11/10</u>
<b>Lunch</b>	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	Fiesta Pizza Broccoli Bean Salad Apple Slices Pkg

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