

EAST MID HIGH

	<u>01/15</u>	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>
Lunch		Cheese Enchilada Hot Ham & Cheese Refried Beans Tossed Salad Mexi Rice Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Fresh Fruit	Hot Dog Chili Tossed Salad Mixed Vegetables Fresh Fruit	Cheese Pizza Corn Tossed Salad Baby Carrots 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

	<u>01/15</u>	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>
Lunch		Cheese Enchilada Hot Ham & Cheese Refried Beans Tossed Salad Mexi Rice Peaches, Sliced	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Peaches, Sliced	Hot Dog Chili Tossed Salad Mixed Vegetables Peaches, Sliced	Cheese Pizza Corn Baby Carrots Ranch Dressing Peaches, Sliced

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PONCA CITY HIGH SCHOOL

	<u>01/15</u>	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>
Bowls Italian and Asian		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
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		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 Chef Jeff's BBQ Beef Sandwich 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 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>01/15</u>	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>
Lunch		Cheese Enchilada Hot Ham & Cheese Refried Beans Tossed Salad Mexi Rice Pears	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Pears	Hot Dog Chili Tossed Salad Mixed Vegetables Pears	Cheese Pizza Corn Baby Carrots Ranch Dressing Pears
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Meals on Wheels		Hamburger Ranch Beans Oven Fried Potatoes Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	BBQ Sandwich French Fries Baked Beans Fresh Tossed Salad Dessert	Meatloaf Brown Gravy Mashed Potatoes Vegetable Selection Dessert

WASHINGTON PRE-K CENTER

	<u>01/15</u>	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>
Lunch		Hot Ham & Cheese Tossed Salad Pears	Chicken Strip Mashed Potatoes Country Gravy Pears	Hot Dog Mixed Vegetables Pears	Cheese Pizza Baby Carrots Ranch Dressing Pears
Menus may change and are subject to availability.					

WEST MIDDLE SCHOOL

	<u>01/15</u>	<u>01/16</u>	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>
Lunch		Cheese Enchilada Hot Ham & Cheese Refried Beans Tossed Salad Mexi Rice Peaches, Sliced	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Peaches, Sliced	Hot Dog Chili Tossed Salad Mixed Vegetables Peaches, Sliced	Cheese Pizza Corn Baby Carrots Ranch Dressing Peaches, Sliced
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