

## **EAST MID HIGH**

|              | <b><u>01/22</u></b>  | <b><u>01/23</u></b>   | <b><u>01/24</u></b>  | <b><u>01/25</u></b>  | <b><u>01/26</u></b>  |
|--------------|--|---|--|--|--|
| <b>Lunch</b> | Mini Twin<br>Cheeseburger<br>Bean Burrito<br>Baked Beans<br>Tossed Salad<br>Baby Carrots<br>Apple Slices Pkg | Mac & Cheese<br>Corn Dog<br>Bread Stick<br>Tossed Salad<br>Peas<br>Apple Slices Pkg | Popcorn Chicken<br>Mashed Potatoes<br>Green Beans<br>Dinner Roll<br>Apple Slices Pkg | Tangerine Chicken<br>Steak Fingers<br>Brown Rice<br>Tossed Salad<br>Grape Tomatoes<br>Apple Slices Pkg | Pizza Pocket,<br>Pepperoni<br>Broccoli<br>Tossed Salad<br>Bean Salad<br>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>01/22</u></b>  | <b><u>01/23</u></b>   | <b><u>01/24</u></b>  | <b><u>01/25</u></b>   | <b><u>01/26</u></b>  |
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| <b>Lunch</b> | Mini Twin<br>Cheeseburger<br>Baked Beans<br>Baby Carrots<br>Apple Slices Pkg | Mac & Cheese<br>Corn Dog<br>Bread Stick<br>Tossed Salad<br>Peas<br>Apple Slices Pkg | Popcorn Chicken<br>Mashed Potatoes<br>Green Beans<br>Dinner Roll<br>Apple Slices Pkg | Tangerine Chicken<br>Bean Burrito<br>Brown Rice<br>Tossed Salad<br>Grape Tomatoes<br>Apple Slices Pkg | Fiesta Pizza<br>Broccoli<br>Bean Salad<br>Apple Slices Pkg |

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# PONCA CITY HIGH SCHOOL

|   | <u>01/22</u>   | <u>01/23</u>   | <u>01/24</u>  | <u>01/25</u>   | <u>01/26</u>   |
|---|--|--|---|--|--|
| <b>Bowls<br/>Italian<br/>and<br/>Asian</b>    | Italian Pasta Bowl<br>Vegetable<br>Selection   | Asian RICE<br>BOWLS<br>Fried Rice<br>Vegetable<br>Selection  | Italian Pasta Bowl<br>Vegetable<br>Selection  | Asian RICE<br>BOWLS<br>PHO<br>Fried Rice<br>Vegetable<br>Selection                                     | Italian Pasta Bowl<br>Vegetable<br>Selection   |
| <b>Bowls<br/>Mexican<br/>and<br/>American</b> | Build Your Own<br>Taco Bowl<br>Nachos Meat &<br>Cheese   | Build Your Own<br>Taco Bowl<br>Nachos Meat &<br>Cheese   | Build Your Own<br>Taco Bowl<br>Nachos Meat &<br>Cheese  | Build Your Own<br>Taco Bowl<br>Nachos Meat &<br>Cheese   | Build Your Own<br>Taco Bowl<br>Nachos Meat &<br>Cheese   |
| <b>CHIX<br/>Lunch</b>                         | Chicken Wings<br>Chicken Patty<br>Sandwich<br>Dinner Roll<br>French Fries<br>Assorted Fresh<br>Fruit   | Popcorn Smackers<br>Calzone<br>Hamburger<br>French Fries<br>Dinner Roll<br>Assorted Fresh<br>Fruit     | Chicken Strips<br>Mashed Potatoes<br>Green Beans<br>Dinner Roll<br>Assorted Fresh<br>Fruit                            | Buffalo Chicken<br>Chunks<br>Steak Fingers<br>French Fries<br>Dinner Roll<br>Assorted Fresh<br>Fruit   | Popcorn Smackers<br>Chef Jeff's BBQ<br>Beef Sandwich<br>Dinner Roll<br>Assorted Fresh<br>Fruit         |
| <b>Eat<br/>Muchos<br/>Tacos</b>               | Taco Bar<br>BYO Stuffed<br>Burrito<br>Tostado<br>Street Taco<br>Mexi Beans<br>Mexi Rice<br>Fresh Fruit | Taco Bar<br>BYO Stuffed<br>Burrito<br>Tostado<br>Street Taco<br>Mexi Beans<br>Mexi Rice<br>Fresh Fruit | Taco Bar<br>BYO Stuffed<br>Burrito<br>Tostado<br>Street Taco<br>Chicken Day<br>Mexi Beans<br>Mexi Rice<br>Fresh Fruit | Taco Bar<br>BYO Stuffed<br>Burrito<br>Tostado<br>Street Taco<br>Mexi Beans<br>Mexi Rice<br>Fresh Fruit | Taco Bar<br>BYO Stuffed<br>Burrito<br>Tostado<br>Street Taco<br>Mexi Beans<br>Mexi Rice<br>Fresh Fruit |

Menus may change and are subject to availability.

## ST. MARY'S

|              | <u>01/22</u>   | <u>01/23</u>  | <u>01/24</u>   | <u>01/25</u>   | <u>01/26</u>   |
|--------------|--|---|--|--|--|
| <b>Lunch</b> | Mini Twin<br>Cheeseburger<br>Baked Beans<br>Baby Carrots<br>Apple Slices Pkg | Mac & Cheese<br>Corn Dog<br>Bread Stick<br>Tossed Salad<br>Peas<br>Apple Slices Pkg | Popcorn Chicken<br>Mashed Potatoes<br>Green Beans<br>Dinner Roll<br>Apple Slices Pkg | Tangerine Chicken<br>Steak Fingers<br>Brown Rice<br>Tossed Salad<br>Grape Tomatoes<br>Apple Slices Pkg | Fiesta Pizza<br>Broccoli<br>Bean Salad<br>Apple Slices Pkg |

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|                                |   |   |  |  |   |
|--------------------------------|---|---|--|--|---|
| <b>Meals<br/>on<br/>Wheels</b> | Chicken<br>Quesadilla<br>Mexi Beans<br>Mexi Rice<br>Dessert | Hamburger<br>French Fries<br>Ranch Beans<br>Dessert | Chicken Strips<br>Green Beans<br>Mashed Potatoes<br>Country Gravy<br>Dinner Roll | Chicken, Teriyaki<br>Egg Roll<br>Broccoli<br>Dessert | Stuffed Green<br>Pepper<br>Vegetable<br>Selection<br>Dinner Roll<br>Dessert |
|--------------------------------|---|---|--|--|---|

## WASHINGTON PRE-K CENTER

|              | <u>01/22</u>   | <u>01/23</u>                                 | <u>01/24</u>  | <u>01/25</u>  | <u>01/26</u>                                 |
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## WEST MIDDLE SCHOOL

|              | <u>01/22</u>   | <u>01/23</u>  | <u>01/24</u>   | <u>01/25</u>  | <u>01/26</u>   |
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