

## EAST MID HIGH

	<u>08/19</u>	<u>08/20</u>	<u>08/21</u>	<u>08/22</u>	<u>08/23</u>
<b>Lunch</b>			Chicken Strip Green Beans Mashed Potatoes Dinner Roll Assorted Fresh Fruit	Cheese Lasagna Cheese Bites Marinara Sauce Italian Vegetables Grape Tomatoes Tossed Salad Assorted Fresh Fruit	Pepperoni Pizza Broccoli w/Cheese Corn Assorted Fresh Fruit

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

## ELEMENTARY SCHOOLS

	<u>08/19</u>	<u>08/20</u>	<u>08/21</u>	<u>08/22</u>	<u>08/23</u>
<b>Lunch</b>			Chicken Strip Green Beans Mashed Potatoes Dinner Roll Cinnamon Apple Slices	Cheese Lasagna Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Cinnamon Apple Slices	Pepperoni Pizza Broccoli w/Cheese Corn Cinnamon Apple Slices

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# PONCA CITY HIGH SCHOOL

	<u>08/19</u>	<u>08/20</u>	<u>08/21</u>	<u>08/22</u>	<u>08/23</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 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 Chicken Patty Sandwich Dinner Roll French Fries Assorted Fresh Fruit	Popcorn Smackers 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 Dinner Roll Assorted Fresh Fruit
<b>Eat Muchos Tacos</b>	BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit	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
<b>On the FLY</b>	Assorted Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Assorted Fresh Fruit	Assorted Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Assorted Fresh Fruit	Assorted Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Assorted Fresh Fruit	Assorted Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Assorted Fresh Fruit	Assorted Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Assorted Fresh Fruit

On the FLY is a Grab and Go line featuring FRESH menu items.  
Other items including milk, fruit, vegetable, and grains will be offered as part of the meal.

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## ST. MARY'S

	<u>08/19</u>	<u>08/20</u>	<u>08/21</u>	<u>08/22</u>	<u>08/23</u>
<b>Lunch</b>					
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<b>Meals on Wheels</b>	Meat Loaf Scalloped Potatoes Tossed Salad Dinner Roll Dessert	Hamburger French Fries Ranch Beans Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll	BBQ Sandwich French Fries Baked Beans Fresh Tossed Salad Dessert	Stuffed Green Pepper Vegetable Selection Dinner Roll Dessert

## WASHINGTON PRE-K CENTER

	<u>08/19</u>	<u>08/20</u>	<u>08/21</u>	<u>08/22</u>	<u>08/23</u>
<b>Lunch</b>			Chicken Strip Mashed Potatoes Cinnamon Apple Slices	Cheese Bites Marinara Sauce Tossed Salad Cinnamon Apple Slices	Pepperoni Pizza Broccoli w/Cheese Cinnamon Apple Slices
Menus may change and are subject to availability.					

## WEST MIDDLE SCHOOL

	<u>08/19</u>	<u>08/20</u>	<u>08/21</u>	<u>08/22</u>	<u>08/23</u>
<b>Lunch</b>			Chicken Strip Green Beans Mashed Potatoes Dinner Roll Cinnamon Apple Slices	Cheese Lasagna Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Cinnamon Apple Slices	Pepperoni Pizza Broccoli w/Cheese Corn Cinnamon Apple Slices
Menus may change and are subject to availability. We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					