

## EAST MID HIGH

	<u>09/06</u>	<u>09/07</u>	<u>09/08</u>	<u>09/09</u>	<u>09/10</u>
<b>Lunch</b>	TBA	TBA	TBA	TBA	TBA
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

## ELEMENTARY SCHOOLS

	<u>09/06</u>	<u>09/07</u>	<u>09/08</u>	<u>09/09</u>	<u>09/10</u>
<b>Lunch</b>		Mac & Cheese Tossed Salad Ranch Dressing Peas Jello Peaches, Sliced	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Peaches, Sliced	Tangerine Chicken Tossed Salad Grape Tomatoes Peaches, Sliced	Pretzel Cheese Sauce Broccoli Bean Salad Peaches, Sliced
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

# PONCA CITY HIGH SCHOOL

09/06

09/07

09/08

09/09

09/10

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

**Retro**

Hamburger  
Cheese, Slice,  
American  
French Fries  
Baby Carrots  
Baked Beans  
Fresh Fruit

Chicken Strip  
Panko  
Dinner Roll  
Mashed Potatoes  
Seasoned Green  
Beans  
Fresh Fruit

Hamburger  
Cheese, Slice,  
American  
French Fries  
Baby Carrots  
Baked Beans  
Fresh Fruit

Pizza, Assorted  
Tossed Salad  
Grape Tomatoes  
California Blend  
Veggies  
Fresh Fruit

**CHIX**

Popcorn Smackers  
Calzone  
French Fries  
Dinner Roll  
Fruit, Fresh  
Assorted

Chicken Strips  
Mashed Potatoes  
Green Beans  
Dinner Roll  
Fruit, Fresh  
Assorted

Chicken Buffalo  
Chunk  
French Fries  
Dinner Roll  
Fruit, Fresh  
Assorted

Chicken Chunk  
French Fries  
Dinner Roll  
Fruit, Fresh  
Assorted

**My Way**

Mexican Kiosk  
Cheese Enchilada  
Enchilada, Beef  
Taco Bar  
Mexi Beans  
Mexi Rice  
-----  
Italian/Sub/Asian  
Kiosk  
Combo Sub  
Deli Sub  
Sandwich, Combo  
3" Sub Wg  
Sandwich, Ham  
Sub  
Sandwich, Rb Sub  
Sandwich, Spicy  
Sub  
Sandwich,  
Submarine Hoggie

Mexican Kiosk  
Tortilla, Ww 12"  
Mission 12579  
Salsa, Fresh Pico  
de Gallo  
Lettuce, Shredded  
Cheese,  
Shredcheddar  
Mexi Beans  
Mexi Rice  
Tortilla, Fried  
Bowl  
Taco Meat  
-----  
Italian/Sub/Asian  
Kiosk  
Chicken Alfredo  
with a Twist  
Pasta Noodles  
Twisted Mozz.  
Breadstick

Mexican Kiosk  
Taco Bar  
Mexi Beans  
Mexi Rice  
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Italian/Sub/Asian  
Kiosk  
Combo Sub  
Deli Sub  
Sandwich, Combo  
3" Sub Wg  
Sandwich, Ham  
Sub  
Sandwich Rb Sub  
Sandwich, Spicy  
Sub  
Sandwich,  
Submarine Hoggie

Mexican Kiosk  
Tortilla, Ww 12"  
Mission 12579  
Cheese,  
Shredcheddar  
Mexi Beans  
Salsa, Fresh Pico  
de Gallo  
Lettuce, Shredded  
Mexi Rice  
Tortilla, Fried  
Bowl  
Taco Meat  
-----  
Italian/Sub/Asian  
Kiosk  
Salad, Chicken  
Caesar  
Chicken Alfredo  
with a Twist  
Pasta Noodles

MY WAY CAFE is a concept that allows STUDENTS to BUILD their OWN combinations!

**PONCA CITY HIGH SCHOOL (CONTINUED)**

<b>On the Fly</b>		Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Chicken Caesar	Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Ham Garden Salad, Southern Berry Salad, Chicken Caesar	Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Chicken Caesar	Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Ham Garden Salad, Southern Berry Salad, Chicken Caesar
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On the FLY is a Grab and Go line featuring FRESH menu items.  
Other items including milk, fruit, vegetables, and grains will be offered as part of the meal.

## ST. MARY'S

	<u>09/06</u>	<u>09/07</u>	<u>09/08</u>	<u>09/09</u>	<u>09/10</u>
<b>Lunch</b>		Mac & Cheese Tossed Salad Peas Ranch Dressing Jello Peaches, Sliced	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Peaches, Sliced	Tangerine Chicken Tossed Salad Ranch Dressing Grape Tomatoes Peaches, Sliced	Pretzel Cheese Sauce Broccoli Bean Salad Peaches, Sliced
<b>Meals on Wheels</b>		Hamburger Oven Fried Potatoes Ranch Beans Dinner Roll Apple Crisp Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Vanilla Pudding Snack	BBQ Sandwich French Fries Baked Beans Fresh Tossed Salad Dessert	Stuffed Crust Pizza Grape Tomatoes Fresh Tossed Salad Sugar Cookie

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## WASHINGTON PRE-K CENTER

	<u>09/06</u>	<u>09/07</u>	<u>09/08</u>	<u>09/09</u>	<u>09/10</u>
<b>Lunch</b>		Mac & Cheese Tossed Salad Ranch Dressing Peaches, Sliced	Popcorn Smackers Mashed Potatoes Country Gravy Peaches, Sliced	Tangerine Chicken Brown Rice Peas Peaches, Sliced	Pretzel Cheese Sauce Broccoli Peaches, Sliced

## WEST MIDDLE SCHOOL

	<u>09/06</u>	<u>09/07</u>	<u>09/08</u>	<u>09/09</u>	<u>09/10</u>
<b>Lunch</b>	Mini Corn Dogs Baked Beans Carrot Sticks Dressing, Ranch Peaches, Sliced	Mac & Cheese BBQ Sandwich Tossed Salad Ranch Dressing Jello Peaches, Sliced	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Peaches, Sliced	Tangerine Chicken Chicken, Teriyaki Tossed Salad Ranch Dressing Grape Tomatoes Peaches, Sliced	Pretzel Cheese Sauce Pizza Broccoli Bean Salad Peaches, Sliced

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