

EAST MID HIGH

	<u>11/01</u>	<u>11/02</u>	<u>11/03</u>	<u>11/04</u>	<u>11/05</u>
Lunch	Beef Bean Burrito Cheese Sauce Chicken Cheese Crispito Baby Carrots Ranch Dressing Refried Beans Apple Slices Pkg	Corn Dog Mac & Cheese Mexi Beans Tossed Salad Ranch Dressing Apple Slices Pkg	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apple Slices Pkg	Breaded Mini Ravioli Pretzel Cheese Sauce Marinara Sauce California Blend Veggies Tossed Salad Apple Slices Pkg	Pizza Pocket Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Apple Slices Pkg

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

ELEMENTARY SCHOOLS

	<u>11/01</u>	<u>11/02</u>	<u>11/03</u>	<u>11/04</u>	<u>11/05</u>
Lunch	Beef Bean Burrito Cheese Sauce Baby Carrots Ranch Dressing Refried Beans Apple Slices Pkg	Corn Dog Mexi Beans Tossed Salad Ranch Dressing Apple Slices Pkg	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apple Slices Pkg	Breaded Mini Ravioli Marinara Sauce California Blend Veggies Tossed Salad Apple Slices Pkg	Pizza Pocket Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Apple Slices Pkg

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PONCA CITY HIGH SCHOOL

	<u>11/01</u>	<u>11/02</u>	<u>11/03</u>	<u>11/04</u>	<u>11/05</u>
Retro	Bar, Byo Baked Potato Bread Stick Broccoli w/Cheese Baby Carrots Fresh Fruit	Hamburger Cheese, Slice, American French Fries Baby Carrots Baked Beans Fresh Fruit Tossed Salad	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	Chicken Patty Sandwich Cheese, Slice, American Bacon Broccoli w/Cheese Sweet Potato Fries Fresh Fruit Tossed Salad	Pizza, Assorted Tossed Salad Corn Jello Fresh Fruit
CHIX	Chicken Chunk Dinner Roll French Fries Fruit, Fresh Assorted	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	<u>Mexican Kiosk</u> Taco Meat Tortilla, Whole Grain, Frozen Mexi Rice Mexi Beans Salsa, Fresh Pico de Gallo Cheese, Shredcheddar Lettuce, Shredded Tortilla, Fried Bowl ----- <u>Italian/Sub/Asian Kiosk</u> Tangerine Chicken Thai Chicken Pasta Noodles	<u>Mexican Kiosk</u> Cheese Enchilada Enchilada, Beef Taco Bar Mexi Beans Mexi Rice ----- <u>Italian/Sub/Asian Kiosk</u> Combo Sub Deli Sub Sandwich, Combo 3" Sub Wg Sandwich, Ham Sub Sandwich, Rb Sub Sandwich, Spicy Sub Sandwich, Submarine Hoggie	<u>Mexican Kiosk</u> Tortilla, Ww 12" Mission 12579 Salsa, Fresh Pico de Gallo Lettuce, Shredded Cheese, Shredcheddar Mexi Beans Mexi Rice Tortilla, Fried Bowl Taco Meat ----- <u>Italian/Sub/Asian Kiosk</u> Chicken Alfredo with a Twist Pasta Noodles Twisted Mozz. Breadstick	<u>Mexican Kiosk</u> Taco Bar Mexi Beans Mexi Rice ----- <u>Italian/Sub/Asian Kiosk</u> Combo Sub Deli Sub Sandwich, Combo 3" Sub Wg Sandwich, Ham Sub Sandwich Rb Sub Sandwich, Spicy Sub Sandwich, Submarine Hoggie	<u>Mexican Kiosk</u> Tortilla, Ww 12" Mission 12579 Cheese, Shredcheddar Mexi Beans Salsa, Fresh Pico de Gallo Lettuce, Shredded Mexi Rice Tortilla, Fried Bowl Taco Meat ----- <u>Italian/Sub/Asian Kiosk</u> 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)

On the Fly	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	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.

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

ST. MARY'S

	<u>11/01</u>	<u>11/02</u>	<u>11/03</u>	<u>11/04</u>	<u>11/05</u>
Lunch	Beef Bean Burrito Cheese Sauce Baby Carrots Ranch Dressing Refried Beans Apple Slices Pkg	Corn Dog Mexi Beans Tossed Salad Ranch Dressing Apple Slices Pkg	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apple Slices Pkg	Breaded Mini Ravioli Marinara Sauce California Blend Veggies Tossed Salad Apple Slices Pkg	Pizza Pocket Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Apple Slices Pkg
Meals on Wheels	Chicken Chunks Broccoli w/Cheese Dinner Roll Dessert	Crispy Taco Mexi Rice Refried Beans Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Chicken Patty Sandwich Broccoli w/Cheese Fresh Tossed Salad Dessert	Pizza, Cheese Grape Tomatoes Fresh Tossed Salad Dessert

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WASHINGTON PRE-K CENTER

	<u>11/01</u>	<u>11/02</u>	<u>11/03</u>	<u>11/04</u>	<u>11/05</u>
Lunch	Beef Bean Burrito Cheese Sauce Baby Carrots Ranch Dressing Apple Slices Pkg	Corn Dog Mexi Beans Apple Slices Pkg	Chicken Leg Mashed Potatoes Country Gravy Apple Slices Pkg	Breaded Mini Ravioli Marinara Sauce Tossed Salad Apple Slices Pkg	Pizza Pocket Broccoli w/Cheese Apple Slices Pkg

WEST MIDDLE SCHOOL

	<u>11/01</u>	<u>11/02</u>	<u>11/03</u>	<u>11/04</u>	<u>11/05</u>
Lunch	Beef Bean Burrito Cheese Sauce Chicken Cheese Crispito Baby Carrots Ranch Dressing Refried Beans Apple Slices Pkg	Corn Dog Mac & Cheese Mexi Beans Tossed Salad Ranch Dressing Apple Slices Pkg	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apple Slices Pkg	Breaded Mini Ravioli Pretzel Cheese Sauce Marinara Sauce California Blend Veggies Tossed Salad Apple Slices Pkg	Pizza Pocket Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Apple Slices Pkg

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