EAST MID HIGH							
	10/04	<u>10/05</u>	<u>10/06</u>	10/07	10/08		
Lunch	Chicken Patty	Soft Taco	Chicken Strip	Steak Fingers	Pizza Pocket		
	Sandwich	Tossed Salad	Mashed Potatoes	BBQ Sandwich	Marinara Sauce		
	Beef Bean Burrito	Ranch Dressing	Country Gravy	Biscuit	Broccoli w/Cheese		
	Baby Carrots	Refried Beans	Green Beans	Tossed Salad	Grape Tomatoes		
	Tossed Salad	Jello	Wheat Dinner Roll	Ranch Dressing	Dressing, Ranch		
	Ranch Dressing	Orange, Fresh	Orange, Fresh	Scalloped Potatoes	Corn		
	Mexi Beans			Orange, Fresh	Orange, Fresh		
	Orange, Fresh						
	We offer Asserted Colode Condraishes 1000/ Ivine and Mills arrows devel						

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

ELEMENTARY SCHOOLS							
<u>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	10/08			
Chicken Patty	Soft Taco	Chicken Nuggets	Steak Fingers				
Sandwich	Tossed Salad	Mashed Potatoes	Biscuit				
Baby Carrots	Ranch Dressing	Country Gravy	Tossed Salad				
Ranch Dressing	Refried Beans	Green Beans	Ranch Dressing				
Mexi Beans	Jello	Wheat Dinner Roll	Scalloped Potatoes				
Orange, Fresh Wedges	Orange, Fresh Wedges	Orange, Fresh Wedges	Orange, Fresh Wedges				
	10/04 Chicken Patty Sandwich Baby Carrots Ranch Dressing Mexi Beans Orange, Fresh	10/0410/05Chicken Patty SandwichSoft Taco Tossed Salad Ranch Dressing Refried Beans JelloMexi Beans Orange, FreshOrange, Fresh	10/0410/0510/06Chicken Patty Sandwich Baby Carrots Ranch Dressing Mexi Beans Orange, FreshSoft Taco Tossed Salad Ranch Dressing Ranch Dressing Refried Beans Jello Orange, FreshChicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh	10/0410/0510/0610/07Chicken Patty Sandwich Baby Carrots Ranch Dressing Mexi BeansSoft Taco Tossed Salad Ranch Dressing Mexi BeansChicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, FreshSteak Fingers Biscuit Tossed Salad Ranch Dressing Wheat Dinner Roll Orange, Fresh			

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

PONCA CITY HIGH SCHOOL						
	10/04	<u>10/05</u>	<u>10/06</u>	10/07	10/08	
Retro	TBA	TBA	TBA	TBA	TBA	
	Fresh Fruit	Fresh Fruit	Dinner Roll	Fresh Fruit	Fresh Fruit	
			Mashed Potatoes			
			Seasoned Green			
			Beans			
			Fresh Fruit			
CHIX	Chicken Chunk	Popcorn Smackers	Chicken Strips	Chicken Buffalo	Chicken Chunk	
	Dinner Roll	Calzone	Mashed Potatoes	Chunk	French Fries	
	French Fries	French Fries	Green Beans	French Fries	Dinner Roll	
	Fruit, Fresh	Dinner Roll	Dinner Roll	Dinner Roll	Fruit, Fresh	
	Assorted	Fruit, Fresh	Fruit, Fresh	Fruit, Fresh	Assorted	
		Assorted	Assorted	Assorted		
My Way	Mexican Kiosk	Mexican Kiosk	Mexican Kiosk	Mexican Kiosk	Mexican Kiosk	
	Taco Meat	Cheese Enchilada	Tortilla, Ww 12"	Taco Bar	Tortilla, Ww 12	
	Tortilla, Whole	Enchilada, Beef	Mission 12579	Mexi Beans	Mission 12579	
	Grain, Frozen	Taco Bar	Salsa, Fresh Pico	Mexi Rice	Cheese,	
	Mexi Rice	Mexi Beans Mexi Rice	de Gallo		Shredcheddar	
	Mexi Beans		Lettuce, Shredded	Italian/Sub/Asian	Mexi Beans	
	Salsa, Fresh Pico		Cheese,	<u>Kiosk</u>	Salsa, Fresh Pio	
	de Gallo	Italian/Sub/Asian	Shredcheddar	Combo Sub	de Gallo	
	Cheese,	<u>Kiosk</u>	Mexi Beans	Deli Sub	Lettuce, Shredo	
	Shredcheddar	Combo Sub	Mexi Rice	Sandwich, Combo	Mexi Rice	
	Lettuce, Shredded	Deli Sub	Tortilla, Fried Bowl	3" Sub Wg	Tortilla, Fried Bowl	
	Tortilla, Fried	Sandwich, Combo		Sandwich, Ham		
	Bowl	3" Sub Wg	Taco Meat	Sub	Taco Meat	
	Italian/Cub/Asis	Sandwich, Ham	Italian/Cub/Asia	Sandwich Rb Sub	Italian/Cb/A	
	<u>Italian/Sub/Asian</u> <u>Kiosk</u>	Sub	<u>Italian/Sub/Asian</u> <u>Kiosk</u>	Sandwich, Spicy	Italian/Sub/Asia Kiosk	
	Tangerine Chicken	Sandwich, Rb Sub	Chicken Alfredo	Sub	Salad, Chicken	
	Thai Chicken	Sandwich, Spicy	with a Twist	Sandwich, Submarine Hoggie	Caesar	
	Pasta Noodles	Sub	Pasta Noodles	Submarme Hoggie	Chicken Alfred	
	rasia modules	Sandwich,	Twisted Mozz.		with a Twist	
		Submarine Hoggie	Breadstick		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	Crispy Chicken	Crispy Chicken	Crispy Chicken	Crispy Chicken	
	Salad	Salad	Salad	Salad	Salad	
	Salad, Grilled	Salad, Grilled	Salad, Grilled	Salad, Grilled	Salad, Grilled	
	Chicken Garden	Chicken Garden	Chicken Garden	Chicken Garden	Chicken Garden	
	Salad, Ham	Salad, Chicken	Salad, Ham	Salad, Chicken	Salad, Ham	
	Garden	Caesar	Garden	Caesar	Garden	
	Salad, Southern Berry		Salad, Southern Berry		Salad, Southern Berry	
	Salad, Chicken Caesar		Salad, Chicken Caesar		Salad, Chicken Caesar	

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							
	10/04	10/05	<u>10/06</u>	10/07	10/08		
Lunch	Chicken Patty Sandwich Baby Carrots Ranch Dressing Mexi Beans Orange, Fresh Wedges	Soft Taco Tossed Salad Ranch Dressing Refried Beans Jello Orange, Fresh Wedges	Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Steak Fingers Biscuit Tossed Salad Ranch Dressing Scalloped Potatoes Orange, Fresh Wedges	Pizza Pocket Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Corn Orange, Fresh Wedges		
Meals on Wheels	Soft Taco Mexi Rice Refried Beans Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert	Chicken Nuggets Oven Fry Wedges Bean Salad Dessert	Pizza Pocket Tossed Salad Broccoli Dessert		
	We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!						

<b>WASHINGTON PRE-K CENTER</b>						
	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	10/08	
Lunch	Chicken Patty Sandwich Mexi Beans Orange, Fresh Wedges	Soft Taco Tossed Salad Ranch Dressing Refried Beans Orange, Fresh Wedges	Chicken Nuggets Mashed Potatoes Country Gravy Orange, Fresh Wedges	Steak Fingers Biscuit Green Beans Orange, Fresh Wedges	Pizza Pocket Broccoli w/Cheese Orange, Fresh Wedges	

	WEST MIDDLE SCHOOL							
	10/04	<u>10/05</u>	<u>10/06</u>	10/07	10/08			
Lunch	Chicken Patty	Soft Taco	Chicken Nuggets	Steak Fingers				
	Sandwich	Tossed Salad	Mashed Potatoes	Chopped BBQ				
	Beef Bean Burrito	Ranch Dressing	Country Gravy	Sandwich				
	Cheese Sauce	Refried Beans	Green Beans	Biscuit				
	Baby Carrots	Jello	Wheat Dinner Roll	Tossed Salad				
	Ranch Dressing	Orange, Fresh	Orange, Fresh	Ranch Dressing				
	Mexi Beans	Wedges	Wedges	Scalloped Potatoes				
	Orange, Fresh			Orange, Fresh				
	Wedges			Wedges				
	We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!							