

EAST MID HIGH

	<u>12/13</u>	<u>12/14</u>	<u>12/15</u>	<u>12/16</u>	<u>12/17</u>
Lunch	Beef Bean Burrito Cheese Sauce Chicken Cheese Crispito Baby Carrots Ranch Dressing Refried Beans Tossed Salad Fresh Fruit	Corn Dog Mac & Cheese Mexi Beans Tossed Salad Ranch Dressing Fresh Fruit	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit	Breaded Mini Ravioli Pretzel Marinara Sauce California Blend Veggies Tossed Salad Fresh Fruit	Pizza Pocket Broccoli w/Cheese Grape Tomatoes Ranch Dressing Tossed Salad Fresh Fruit

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

ELEMENTARY SCHOOLS

	<u>12/13</u>	<u>12/14</u>	<u>12/15</u>	<u>12/16</u>	<u>12/17</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 Ranch Dressing Apple Slices Pkg

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PONCA CITY HIGH SCHOOL

	<u>12/13</u>	<u>12/14</u>	<u>12/15</u>	<u>12/16</u>	<u>12/17</u>
Retro	TBA Fresh Fruit	TBA Fresh Fruit	TBA Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	TBA Fresh Fruit	TBA 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.

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

ST. MARY'S

	<u>12/13</u>	<u>12/14</u>	<u>12/15</u>	<u>12/16</u>	<u>12/17</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 Ranch Dressing Apple Slices Pkg
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MEALS ON WHEELS

	<u>12/13</u>	<u>12/14</u>	<u>12/15</u>	<u>12/16</u>	<u>12/17</u>
	Chicken, Teriyaki Egg Roll Rice, White Broccoli Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert	Chicken Patty Sandwich Tossed Salad Cheese, Slice, American Broccoli w/Cheese Sweet Potato Fries Dessert	Chicken Alfredo Tossed Salad Italian Vegetables Garlic Bread Dessert
	<u>12/20</u>	<u>12/21</u>	<u>12/22</u>	<u>12/23</u>	<u>12/24</u>
	Salisbury Steak Mashed Potatoes Carrots: Buttered Dinner Roll Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert		

WASHINGTON PRE-K CENTER

	<u>12/13</u>	<u>12/14</u>	<u>12/15</u>	<u>12/16</u>	<u>12/17</u>
Lunch	Beef Bean Burrito Cheese Sauce Baby Carrots Ranch Dressing Apple Slices Pkg	Corn Dog Baked 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>12/13</u>	<u>12/14</u>	<u>12/15</u>	<u>12/16</u>	<u>12/17</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 Marinara Sauce California Blend Veggies Tossed Salad Apple Slices Pkg	Pizza Pocket Broccoli w/Cheese Grape Tomatoes Ranch Dressing Apple Slices Pkg

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