

## EAST MID HIGH

	<u>12/06</u>	<u>12/07</u>	<u>12/08</u>	<u>12/09</u>	<u>12/10</u>
<b>Lunch</b>	Hamburger Cheese, American Slice Broccoli w/Cheese Baked Beans Tossed Salad Fresh Fruit	Nachos Meat & Cheese Soft Taco Mexi Beans Tossed Salad Ranch Dressing Fresh Fruit	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit	Cheese Lasagna Sandwich, Meatball Marinara Sauce Tossed Salad Ranch Dressing Fresh Fruit	Pepperoni Pizza Baby Carrots Grape Tomatoes Ranch Dressing Tossed Salad Fresh Fruit

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

## ELEMENTARY SCHOOLS

	<u>12/06</u>	<u>12/07</u>	<u>12/08</u>	<u>12/09</u>	<u>12/10</u>
<b>Lunch</b>	Hamburger Cheese, American Slice Broccoli w/Cheese Baked Beans Peaches, Sliced	Nachos Meat & Cheese Mexi Beans Tossed Salad Ranch Dressing Peaches, Sliced	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Peaches, Sliced	Cheese Lasagna Tossed Salad Ranch Dressing Peaches, Sliced	Pepperoni Pizza Baby Carrots Grape Tomatoes Ranch Dressing Peaches, Sliced

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

# PONCA CITY HIGH SCHOOL

	<u>12/06</u>	<u>12/07</u>	<u>12/08</u>	<u>12/09</u>	<u>12/10</u>
<b>Retro</b>	TBA Fresh Fruit	TBA Tossed Salad	TBA Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	TBA Fresh Fruit	TBA Fresh Fruit
<b>CHIX</b>	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
<b>My Way</b>	<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)

<b>On the Fly</b>	Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Ham Garden	Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Chicken Caesar	Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Ham Garden	Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Chicken Caesar	Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Ham Garden
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	Salad, Southern Berry Salad, Chicken Caesar		Salad, Southern Berry Salad, Chicken Caesar		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>12/06</u>	<u>12/07</u>	<u>12/08</u>	<u>12/09</u>	<u>12/10</u>
<b>Lunch</b>	Hamburger Cheese, American Slice Broccoli w/Cheese Baked Beans Peaches, Sliced	Nachos Meat & Cheese Mexi Beans Tossed Salad Ranch Dressing Peaches, Sliced	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Peaches, Sliced	Cheese Lasagna Tossed Salad Ranch Dressing Peaches, Sliced	Pepperoni Pizza Baby Carrots Grape Tomatoes Ranch Dressing Peaches, Sliced
<b>Meals on Wheels</b>	Chicken Quesadilla Grape Tomatoes Tossed Salad Broccoli Jello Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert	Chicken & Noodles Tossed Salad Broccoli Dessert	Pizza, Assorted Tossed Salad Italian Vegetables Dessert
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## WASHINGTON PRE-K CENTER

	<u>12/06</u>	<u>12/07</u>	<u>12/08</u>	<u>12/09</u>	<u>12/10</u>
<b>Lunch</b>	Hamburger Cheese, American Slice Broccoli w/Cheese Peaches, Sliced	Nachos Meat & Cheese Mexi Beans Peaches, Sliced	Chicken Strip Mashed Potatoes Country Gravy Peaches, Sliced	Cheese Lasagna Tossed Salad Ranch Dressing Peaches, Sliced	Pepperoni Pizza Baby Carrots Ranch Dressing Peaches, Sliced

## WEST MIDDLE SCHOOL

	<u>12/06</u>	<u>12/07</u>	<u>12/08</u>	<u>12/09</u>	<u>12/10</u>
<b>Lunch</b>	Hamburger Cheese, American Slice Broccoli w/Cheese Baked Beans Peaches, Sliced	Nachos Meat & Cheese Soft Taco Mexi Beans Tossed Salad Ranch Dressing Peaches, Sliced	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Peaches, Sliced	Cheese Lasagna Cheese Pocket Tossed Salad Ranch Dressing Peaches, Sliced	Pepperoni Pizza Baby Carrots Grape Tomatoes Ranch Dressing Peaches, Sliced
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					