

EAST MID HIGH

	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>	<u>01/20</u>	<u>01/21</u>
Lunch		Hot Dog Cheese Pocket Marinara Sauce Baked Beans Glazed Carrots Dressing, Ranch Tossed Salad Fresh Fruit	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit	Spaghetti Noodles Meat Balls Bread Stick Marinara Sauce Mixed Vegetables Tossed Salad Fresh Fruit	Pepperoni Pizza Pizza, Cheese Baby Carrots Corn Tossed Salad Fresh Fruit

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

ELEMENTARY SCHOOLS

	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>	<u>01/20</u>	<u>01/21</u>
Lunch		Hot Dog Baked Beans Glazed Carrots Dressing, Ranch Orange, Fresh Wedges	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Cheese Bites Marinara Sauce Mixed Vegetables Tossed Salad Orange, Fresh Wedges	Pizza, Cheese Baby Carrots Corn Orange, Fresh Wedges

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

PONCA CITY HIGH SCHOOL

	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>	<u>01/20</u>	<u>01/21</u>
Retro		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	Taco Burger Mexi Beans Glazed Carrots Tossed Salad Fresh Fruit	Pizza, Assorted Tossed Salad Grape Tomatoes 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 Dinner Roll Fruit, Fresh Assorted
My Way		<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, 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>01/17</u>	<u>01/18</u>	<u>01/19</u>	<u>01/20</u>	<u>01/21</u>
Lunch		Hot Dog Baked Beans Glazed Carrots Dressing, Ranch Orange, Fresh Wedges	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Cheese Bites Marinara Sauce Mixed Vegetables Tossed Salad Orange, Fresh Wedges	Pizza, Cheese Baby Carrots Corn Orange, Fresh Wedges
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					
Meals on Wheels	Steak, Chicken Fried Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Hamburger Oven Fried Potatoes Ranch Beans Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Taco Burger Mexi Rice Glazed Carrots Tossed Salad Dessert	Pizza, Cheese California Blend Veggies Tossed Salad Dessert
Menus may change and are subject to availability.					

WASHINGTON PRE-K CENTER

	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>	<u>01/20</u>	<u>01/21</u>
Lunch		Hot Dog Baked Beans Orange, Fresh Wedges	Chicken Strip Mashed Potatoes Country Gravy Orange, Fresh Wedges	Cheese Bites Marinara Sauce Mixed Vegetables Orange, Fresh Wedges	Pizza, Cheese Baby Carrots Ranch Dressing Orange, Fresh Wedges

WEST MIDDLE SCHOOL

	<u>01/17</u>	<u>01/18</u>	<u>01/19</u>	<u>01/20</u>	<u>01/21</u>
Lunch		Hot Dog Steak Fingers Baked Beans Glazed Carrots Dressing, Ranch Orange, Fresh	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh	Cheese Bites Marinara Sauce Chicken Cheese Crispito Mixed Vegetables Tossed Salad Orange, Fresh	Pizza, Cheese Baby Carrots Corn Orange, Fresh
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					