

## EAST MID HIGH

	<u>01/24</u>	<u>01/25</u>	<u>01/26</u>	<u>01/27</u>	<u>01/28</u>
<b>Lunch</b>	Mini Corn Dogs Baked Beans Baby Carrots Ranch Dressing Tossed Salad Fresh Fruit	Mac & Cheese BBQ Sandwich Tossed Salad Peas Ranch Dressing Jello Fresh Fruit	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit	Tangerine Chicken Chicken, Teriyaki Tossed Salad California Blend Veggies Fresh Fruit	Pizza, Cheese Baby Carrots Grape Tomatoes Ranch Dressing Tossed Salad Fresh Fruit
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

## ELEMENTARY SCHOOLS

	<u>01/24</u>	<u>01/25</u>	<u>01/26</u>	<u>01/27</u>	<u>01/28</u>
<b>Lunch</b>	Mini Corn Dogs Baked Beans Baby Carrots Ranch Dressing Apples Cinnamon Slices	Mac & Cheese Tossed Salad Peas Ranch Dressing Jello Apples Cinnamon Slices	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apples Cinnamon Slices	Breaded Mini Ravioli Marinara Sauce Tossed Salad California Blend Veggies Apples Cinnamon Slices	Pizza, Cheese Baby Carrots Grape Tomatoes Ranch Dressing Apples Cinnamon Slices
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

# PONCA CITY HIGH SCHOOL

	<u>01/24</u>	<u>01/25</u>	<u>01/26</u>	<u>01/27</u>	<u>01/28</u>
<b>Retro</b>	Chili/Cheese Dog French Fries Broccoli Grape Tomatoes 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 Tossed Salad Cheese, Slice, American Broccoli w/Cheese Sweet Potato Fries Fresh Fruit	Pizza, Assorted Tossed Salad Grape Tomatoes California Blend Veggies 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 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 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>01/24</u>	<u>01/25</u>	<u>01/26</u>	<u>01/27</u>	<u>01/28</u>
<b>Lunch</b>	Mini Corn Dogs Baked Beans Baby Carrots Ranch Dressing Apples Cinnamon Slices	Mac & Cheese Tossed Salad Peas Ranch Dressing Jello Apples Cinnamon Slices	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apples Cinnamon Slices	Breaded Mini Ravioli Marinara Sauce Tossed Salad California Blend Veggies Apples Cinnamon Slices	Pepperoni Pizza Baby Carrots Grape Tomatoes Ranch Dressing Apples Cinnamon Slices
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					
<b>Meals on Wheels</b>	Chicken, Sweet and Sour Fresh Tossed Salad Rice, White Dessert	Hamburger French Fries Ranch Beans Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Chicken Patty Sandwich Sweet Potato Fries Broccoli w/Cheese Dessert	Spaghetti & Meat Sauce Carrot Sticks Tossed Salad Bread Stick Dessert
Menus may change and are subject to availability.					

## WASHINGTON PRE-K CENTER

	<u>01/24</u>	<u>01/25</u>	<u>01/26</u>	<u>01/27</u>	<u>01/28</u>
<b>Lunch</b>	Mini Corn Dogs Baked Beans Blueberries, Fresh	Mac & Cheese Tossed Salad Ranch Dressing Jello Blueberries, Fresh	Chicken Leg Mashed Potatoes Country Gravy Blueberries, Fresh	Cheese Enchilada Mexi Beans Blueberries, Fresh	Pretzel Cheese Sauce Broccoli Blueberries, Fresh

## WEST MIDDLE SCHOOL

	<u>01/24</u>	<u>01/25</u>	<u>01/26</u>	<u>01/27</u>	<u>01/28</u>
<b>Lunch</b>	Mini Corn Dogs Baked Beans Baby Carrots Ranch Dressing Apples Cinnamon Slices	Mac & Cheese BBQ Sandwich Tossed Salad Peas Ranch Dressing Jello Apples Cinnamon Slices	Popcorn Chicken Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apples Cinnamon Slices	Cheese Enchilada Chicken, Teriyaki Tossed Salad Mexi Beans Apples Cinnamon Slices	Pretzel Cheese Sauce Pepperoni Pizza Baby Carrots Grape Tomatoes Ranch Dressing Apples Cinnamon Slices
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					