

## **EAST MID HIGH**

	<u><b>02/07</b></u>	<u><b>02/08</b></u>	<u><b>02/09</b></u>	<u><b>02/10</b></u>	<u><b>02/11</b></u>
<b>Lunch</b>	Beef Bean Burrito Cheese Sauce Chicken Cheese Crispito Baby Carrots Ranch Dressing Refried Beans Fresh Fruit	Corn Dog Mac & Cheese Mexi Beans Tossed Salad Ranch Dressing Fresh Fruit	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit	Breaded Mini Ravioli Marinara Sauce Pretzel Cheese Sauce California Blend Veggies Tossed Salad Fresh Fruit	

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

## **ELEMENTARY SCHOOLS**

	<u><b>02/07</b></u>	<u><b>02/08</b></u>	<u><b>02/09</b></u>	<u><b>02/10</b></u>	<u><b>02/11</b></u>
<b>Lunch</b>	Beef Bean Burrito Cheese Sauce Baby Carrots Mexi Beans Ranch Dressing Mandarin Oranges	Corn Dog Tossed Salad Baked Beans Mandarin Oranges	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mandarin Oranges	Breaded Mini Ravioli Marinara Sauce Glazed Carrots Tossed Salad Mandarin Oranges	

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

# PONCA CITY HIGH SCHOOL

	<u>02/07</u>	<u>02/08</u>	<u>02/09</u>	<u>02/10</u>	<u>02/11</u>
<b>Retro</b>	Beef Bean Burrito Grape Tomatoes Tossed Salad Broccoli w/Cheese Fresh Fruit	Hamburger Cheese, Slice, American French Fries Baby Carrots Baked Beans Fresh Fruit	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	
<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	
<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	

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	
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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.  
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**ST. MARY'S**

	<b>02/07</b>	<b>02/08</b>	<b>02/09</b>	<b>02/10</b>	<b>02/11</b>
<b>Lunch</b>	Beef Bean Burrito Cheese Sauce Baby Carrots Ranch Dressing Refried Beans Mandarin Oranges	Corn Dog Mexi Beans Tossed Salad Ranch Dressing Mandarin Oranges	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mandarin Oranges	Breaded Mini Ravioli Marinara Sauce California Blend Veggies Tossed Salad Mandarin Oranges	Pizza Pocket Broccoli w/Cheese Grape Tomatoes Ranch Dressing Mandarin Oranges

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<b>Meals on Wheels</b>	Beef Bean Burrito Chili Broccoli w/Cheese Tossed Salad Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert	Chicken Patty Sandwich Cheese, Slice, American Bacon Broccoli w/Cheese Tossed Salad Dessert	Steak, Chicken Fried Country Gravy California Blend Veggies Dinner Roll Dessert
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Menus may change and are subject to availability.

## WASHINGTON PRE-K CENTER

	<u>02/07</u>	<u>02/08</u>	<u>02/09</u>	<u>02/10</u>	<u>02/11</u>
<b>Lunch</b>	Beef Bean Burrito Baby Carrots Ranch Dressing Mandarin Oranges	Corn Dog Baked Beans Mandarin Oranges	Chicken Leg Mashed Potatoes Country Gravy Mandarin Oranges	Breaded Mini Ravioli Marinara Sauce Tossed Salad Mandarin Oranges	

## WEST MIDDLE SCHOOL

	<u>02/07</u>	<u>02/08</u>	<u>02/09</u>	<u>02/10</u>	<u>02/11</u>
<b>Lunch</b>	Beef Bean Burrito Cheese Sauce Crispitos, Chicken Chili Baby Carrots Ranch Dressing Refried Beans Mandarin Oranges	Corn Dog Mac & Cheese Mexi Beans Tossed Salad Ranch Dressing Mandarin Oranges	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mandarin Oranges	Breaded Mini Ravioli Pretzel Cheese Sauce Marinara Sauce California Blend Veggies Tossed Salad Mandarin Oranges	

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