	EAST MID HIGH							
	<u>05/09</u>	<u>05/10</u>	<u>05/11</u>	<u>05/12</u>	<u>05/13</u>			
Lunch	Hot Dog Glazed Carrots Potato Wedge Tossed Salad Ranch Dressing Fruit, Fresh Assorted	Mac & Cheese Crispitos, Chicken Chili Mexi Beans Broccoli w/Cheese Fruit, Fresh Assorted	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fruit, Fresh Assorted	Rib Patty Sandwich Chicken Quesadilla Tossed Salad Glazed Carrots Broccoli w/Cheese Fruit, Fresh Assorted	Pizza, Cheese Pepperoni Pizza Broccoli w/Cheese Grape Tomatoes Tossed Salad Fruit, Fresh Assorted			
	We offer Assort	ted Salads, Sandwiche	es, 100% Juice, and I	Milk every day!!				

	ELEMENTARY SCHOOLS							
	<u>05/09</u>	<u>05/10</u>	<u>05/11</u>	<u>05/12</u>	<u>05/13</u>			
Lunch	Hot Dog Baked Beans Glazed Carrots Tossed Salad Ranch Dressing Mixed Berry Frozen Cup	Mac & Cheese Beef Bean Burrito Mexi Beans Broccoli w/Cheese Mixed Berry Frozen Cup	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Berry Frozen Cup	Rib Patty Sandwich Breaded Mini Ravioli Marinara Sauce Tossed Salad Glazed Carrots Mixed Berry Frozen Cup	Pizza, Cheese Broccoli w/Cheese Grape Tomatoes Mixed Berry Frozen Cup			
	We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!							

	<u>05/09</u>	<u>05/10</u>	<u>05/11</u>	<u>05/12</u>	<u>05/13</u>
Retro	Beef Bean Burrito Chili Broccoli w/Cheese Baby Carrots Tossed Salad Fresh Fruit	Hamburger Cheese, Slice, American Tossed Salad French Fries Baked Beans Fresh Fruit	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	Chicken Patty Sandwich Tossed Salad Oven Fry Wedges Fresh Fruit	Fish Fillet Grape Tomatoes Corn Tossed Salad Jello 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 Dinner Roll Fruit, Fresh Assorted
My Way	Mexican KioskTaco MeatTortilla, WholeGrain, FrozenMexi RiceMexi BeansSalsa, Fresh Picode GalloCheese,ShredcheddarLettuce, ShreddedTortilla, FriedBowlItalian/Sub/AsianKioskTangerine ChickenThai ChickenPasta Noodles	Mexican Kiosk Cheese Enchilada Enchilada, Beef Taco Bar Mexi Beans Mexi Rice 	Mexican Kiosk Tortilla, Ww 12" Mission 12579 Salsa, Fresh Pico de Gallo Lettuce, Shredded Cheese, Shredcheddar Mexi Beans Mexi Rice Tortilla, Fried Bowl Taco Meat 	Mexican Kiosk 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, Ham Sub Sandwich, Spicy Sub Sandwich, Spicy Sub	Mexican Kiosk Tortilla, Ww 12 Mission 12579 Cheese, Shredcheddar Mexi Beans Salsa, Fresh Pic de Gallo Lettuce, Shredd Mexi Rice Tortilla, Fried Bowl Taco Meat <u>Italian/Sub/Asia</u> <u>Kiosk</u> Salad, Chicken Caesar Chicken Alfredo with a Twist

MY WAY CAFE is a concept that allows STUDENTS to BUILD their OWN combinations!

	PONCA CITY HIGH SCHOOL (CONTINUED)									
On the Fly	On the FlyCrispy Chicken SaladCrispy Chicken SaladCrispy Chicken SaladCrispy Chicken SaladCrispy Chicken Salad									
	Salad, Grilled Chicken GardenSalad, Grilled Chicken GardenSalad, Grilled Chicken GardenSalad, Grilled Chicken GardenSalad, Grilled Chicken GardenSalad, Grilled Chicken Garden									
	Salad, Ham GardenSalad, Chicken CaesarSalad, Ham GardenSalad, Chicken CaesarSalad, Ham Garden									
	Salad, SouthernSalad, SouthernSalad, SouthernBerryBerryBerryBerry									
	Salad, ChickenSalad, ChickenSalad, ChickenCaesarCaesarCaesar									
Otl	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!!									

Glazed Carrots Tossed Salad Ranch Dressing Mixed Berry Frozen CupBroccoli w/Cheese Mixed Berry Frozen CupCountry Gravy Green Beans Wheat Dinner Roll Mixed Berry Frozen CupTossed Salad Glazed Carrots Mixed Berry Frozen CupGrape Tomatoes Mixed Berry Frozen CupWe affer Assorted Salads, Sandwick on WheelsMongolian Beef Rice, White BroccoliHamburger Cheese, Slice, AmericanChicken Strip PankoRib Patty Sandwich Tossed Salad SandwichChicken Alfredo Tossed Salad Glazed Carrots Mixed Berry Frozen CupMeals on WheelsMongolian Beef Fresh FruitHamburger Cheese, Slice, AmericanChicken Strip PankoRib Patty Sandwich Tossed Salad SandwichChicken Alfredo Tossed Salad Glazed Carrots Garlic Bread Fresh Fruit			<u>ST. M</u>	ARY'S		
Baked Beans Glazed Carrots Tossed Salad Mixed Berry Frozen CupMexi Beans Broccoli w/Cheese Country Gravy Green BeansSandwich Tossed Salad Glazed Carrots Mixed Berry Frozen CupBroccoli w/Cheese Green BeansBroccoli w/Cheese Grage TomatoesMixed Berry Frozen CupFrozen CupFrozen CupGreen Beans Wheat Dinner Roll Mixed Berry Frozen CupMixed Berry Frozen CupFrozen CupMixed Berry Frozen CupFrozen CupWe offer Assorted Salads, Sandwich- Mixed Berry Frozen CupMongolian Beef PankoHamburger Dinner RollChicken Strip PankoRib Patty SandwichChicken Alfredo Tossed Salad Glazed CarrotsMheelsMongolian Beef Broccoli Tossed SaladHamburger French FriesChicken Strip Dinner RollRib Patty Tossed Salad Glazed CarrotsChicken Alfredo Tossed Salad Glazed CarrotsMixeelsMongolian Beef Broccoli Fresh FruitFrench Fries Baked BeansMashed Potatoes Seasoned GreenSandwich Tossed Salad SeasontentChicken Strip Panko		<u>05/09</u>	<u>05/10</u>	<u>05/11</u>	<u>05/12</u>	05/13
Meals on WheelsMongolian Beef Rice, WhiteHamburger Cheese, Slice, AmericanChicken Strip PankoRib Patty SandwichChicken Alfredo Tossed SaladWheelsMongolian Beef Rice, WhiteHamburger Cheese, Slice, AmericanChicken Strip PankoRib Patty SandwichChicken Alfredo Tossed SaladWheelsBroccoli Tossed SaladAmericanDinner RollTossed Salad SunchipGlazed Carrots Garlic Bread Fresh FruitFresh FruitBaked BeansSeasoned Green RoansSunchip AssortmentFresh Fruit	Lunch	Baked Beans Glazed Carrots Tossed Salad Ranch Dressing Mixed Berry	Mexi Beans Broccoli w/Cheese Mixed Berry	Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Berry	Sandwich Tossed Salad Glazed Carrots Mixed Berry	Broccoli w/Chees Grape Tomatoes Mixed Berry
on WheelsRice, White BroccoliCheese, Slice, AmericanPankoSandwichTossed SaladBroccoliAmericanDinner RollTossed SaladGlazed CarrotsTossed SaladFrench FriesMashed PotatoesSunchipGarlic BreadFresh FruitBaked BeansSeasoned GreenAssortmentFresh FruitBack BeansFrench FriesBasensSeasoned GreenAssortment		We offer Assort	ed Salads, Sandwich	es, 100% Juice, and I	Milk every day!!	
Fresh Fruit Fresh Fruit	on	Rice, White Broccoli Tossed Salad	Cheese, Slice, American French Fries Baked Beans	Panko Dinner Roll Mashed Potatoes Seasoned Green Beans	Sandwich Tossed Salad Sunchip Assortment Oven Fry Wedges	Glazed Carrots Garlic Bread

	WAS	SHINGTON]	PRE-K CEN	<u>TER</u>	
	<u>05/09</u>	<u>05/10</u>	<u>05/11</u>	<u>05/12</u>	<u>05/13</u>
Lunch	Hot Dog	Mac & Cheese	Chicken Leg	Rib Patty	Pizza, Cheese
	Baked Beans	Peas	Mashed Potatoes	Sandwich	Grape Tomatoes
	Sunchip	Strawberries, Fresh	Country Gravy	Tossed Salad	Ranch Dressing
	Assortment		Strawberries, Fresh	Ranch Dressing	Strawberries, Fresh
	Strawberries, Fresh			Strawberries, Fresh	

		WEST MIDD	LE SCHOO	<u>[_</u>	
	<u>05/09</u>	<u>05/10</u>	<u>05/11</u>	<u>05/12</u>	<u>05/13</u>
Lunch	Hot Dog Baked Beans Glazed Carrots Tossed Salad Ranch Dressing Mixed Berry Frozen Cup	Mac & Cheese Beef Bean Burrito Mexi Beans Broccoli w/Cheese Mixed Berry Frozen Cup	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Berry Frozen Cup	Rib Patty Sandwich Breaded Mini Ravioli Marinara Sauce Tossed Salad Glazed Carrots Mixed Berry Frozen Cup	Pizza, Cheese Broccoli w/Chees Grape Tomatoes Mixed Berry Frozen Cup