

EAST MID HIGH

	<u>05/03</u>	<u>05/04</u>	<u>05/05</u>	<u>05/06</u>	<u>05/07</u>
Lunch	Breaded Mini Ravioli Marinara Sauce Cheese Pocket Tossed Salad Grape Tomatoes Mixed Fruit	Crispy Taco Cheese Enchilada Tossed Salad Mexi Beans Mixed Fruit	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Dinner Roll Mixed Fruit	Steak Fingers Beef Bean Burrito Chicken Wrap Glazed Carrots Tossed Salad Mixed Fruit	Chicken Parmesan Garlic Bread Tangerine Chicken Rice, White Grape Tomatoes Broccoli w/Cheese Tossed Salad Mixed Fruit
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

ELEMENTARY SCHOOLS

	<u>05/03</u>	<u>05/04</u>	<u>05/05</u>	<u>05/06</u>	<u>05/07</u>
Lunch	Breaded Mini Ravioli Marinara Sauce California Blend Veggies Grape Tomatoes Dressing, Ranch Mixed Fruit	Cheese Quesadilla Refried Beans Tossed Salad Mixed Fruit	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Fruit	Beef Bean Burrito Cheese Sauce Tossed Salad Glazed Carrots Mixed Fruit	Lemon Grass Chicken Brown Rice Broccoli Grape Tomatoes Mixed Fruit
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

PONCA CITY HIGH SCHOOL

	<u>05/03</u>	<u>05/04</u>	<u>05/05</u>	<u>05/06</u>	<u>05/07</u>
Retro	Pizza Pocket Broccoli Tossed Salad 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	Nacho Bites Tossed Salad Corn Fresh Fruit	Pizza, Assorted Grape Tomatoes Tossed Salad Jello Fresh Fruit
CHIX	Chicken Wings French Fries Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted	Popcorn Smackers Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted	Chicken Buffalo Chunk French Fries Dinner Roll Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted	Chicken Wings Dinner Roll Tossed Salad Baby Carrots Cucumber Salad Fruit, Fresh Assorted
My Way	<u>Mexican Kiosk</u> Taco Meat Tortilla, Whole Grain, Frozen Mexi Rice Salsa, Fresh Pico de Gallo Mexi Beans Cheese, Shredcheddar Lettuce, Shredded Pork Season Cuban Tortilla, Fried Bowl ----- <u>Italian/Sub/Asian Kiosk</u> Lemongrass Chicken Tangerine Chicken	<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	<u>Mexican Kiosk</u> Pork Season Cuban 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	<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	<u>Mexican Kiosk</u> Pork Season Cuban 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

PONCA CITY HIGH SCHOOL (CONTINUED)

On the Fly	Pepperoni Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Chicken Wrap Apple Berry Salad Spinach Salad w/Berries Combo Sub Fruit, Fresh Assorted	Pepperoni Pinwheel Crispy Chicken Salad Salad, Ham Garden Chicken Salad Soup, Tomato Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted	Pepperoni Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted	Pepperoni Pinwheel Crispy Chicken Salad Salad, Ham Garden Soup, Tomato Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted	Pepperoni Pizza Crispy Chicken Salad Salad, Ham Garden Chicken Salad Spinach Salad w/Berries Chicken Wrap Combo Sub Fruit, Fresh Assorted
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We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!

ST. MARY'S

	<u>05/03</u>	<u>05/04</u>	<u>05/05</u>	<u>05/06</u>	<u>05/07</u>
Lunch	Breaded Mini Ravioli Marinara Sauce Grape Tomatoes California Blend Veggies Mixed Fruit	Cheese Quesadilla Tossed Salad Mexi Beans Mixed Fruit	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Fruit	Beef Bean Burrito Cheese Sauce Tossed Salad Glazed Carrots Mixed Fruit	Cheese Lasagna Broccoli w/Cheese Grape Tomatoes Mixed Fruit
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

WASHINGTON PRE-K CENTER

	<u>05/03</u>	<u>05/04</u>	<u>05/05</u>	<u>05/06</u>	<u>05/07</u>
Lunch	Breaded Mini Ravioli California Blend Veggies Mixed Fruit	Cheese Quesadilla Mexi Beans Mixed Fruit	Popcorn Smackers Mashed Potatoes Country Gravy Mixed Fruit	Beef Bean Burrito Glazed Carrots Mixed Fruit	Lemon Grass Chicken Brown Rice Broccoli Mixed Fruit

WEST MIDDLE SCHOOL

	<u>05/03</u>	<u>05/04</u>	<u>05/05</u>	<u>05/06</u>	<u>05/07</u>
Lunch	Breaded Mini Ravioli Grape Tomatoes California Blend Veggies Mixed Fruit	Cheese Quesadilla Crispy Taco Tossed Salad Refried Beans Mixed Fruit	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Fruit	Bean Burrito Chili Tossed Salad Glazed Carrots Mixed Fruit	Lemon Grass Chicken Brown Rice Broccoli Grape Tomatoes Mixed Fruit
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					