

EAST MID HIGH

	<u>08/30</u>	<u>08/31</u>	<u>09/01</u>	<u>09/02</u>	<u>09/03</u>
Lunch	Rib Patty Sandwich Steak Fingers Baked Beans Glazed Carrots	Cheese Enchilada Crispitos, Chicken Chili Tossed Salad Ranch Dressing Refried Beans Brown Rice Pilaf	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll	Cheese Pocket Marinara Sauce Hot Dog Tossed Salad Ranch Dressing Mixed Vegetables Berry Apple Crisp Bar	Pizza, Cheese Carrot Sticks Dressing, Ranch Corn

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

ELEMENTARY SCHOOLS

	<u>08/30</u>	<u>08/31</u>	<u>09/01</u>	<u>09/02</u>	<u>09/03</u>
Lunch	Rib Patty Sandwich Steak Fingers Baked Beans Glazed Carrots Apple Slices Pkg	Cheese Enchilada Tossed Salad Ranch Dressing Refried Beans Brown Rice Pilaf Apple Slices Pkg	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apple Slices Pkg	Cheese Pocket Marinara Sauce Tossed Salad Ranch Dressing Mixed Vegetables Blueberry Lemon Bar Apple Slices Pkg	Pizza, Cheese Carrot Sticks Dressing, Ranch Corn Apple Slices Pkg

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

PONCA CITY HIGH SCHOOL

	<u>08/30</u>	<u>08/31</u>	<u>09/01</u>	<u>09/02</u>	<u>09/03</u>
Retro	Steak, Chicken Fried Tossed Salad Baked Beans Baby Carrots Grape Tomatoes 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	Hamburger Cheese, Slice, American French Fries Baby Carrots Baked Beans Fresh Fruit	Pizza, Assorted Tossed Salad Grape Tomatoes 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 French Fries Dinner Roll Fruit, Fresh Assorted
My Way	<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)

On the Fly	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
-------------------	--	--	--	--	--

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.

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

ST. MARY'S

	<u>08/30</u>	<u>08/31</u>	<u>09/01</u>	<u>09/02</u>	<u>09/03</u>
Lunch	Rib Patty Sandwich Baked Beans Glazed Carrots Apple Slices Pkg	Cheese Enchilada Tossed Salad Ranch Dressing Refried Beans Brown Rice Pilaf Apple Slices Pkg	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apple Slices Pkg	Cheese Pocket Marinara Sauce Tossed Salad Ranch Dressing Mixed Vegetables Blueberry Lemon Bar Apple Slices Pkg	Pizza, Cheese Carrot Sticks Dressing, Ranch Corn Apple Slices Pkg
Meals on Wheels	Spaghetti and Meat Sauce California Blend Veggies Dinner Roll Scalloped Potatoes Ice Cream Cup	Salisbury Steak Mashed Potatoes Glazed Carrots Dinner Roll Apple Crisp	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Ice Cream Cup	Beef Burrito Mexi Rice Mexi Beans Tossed Salad Dessert	Spaghetti and Meat Sauce Carrot Sticks Tossed Salad Bread Stick Fresh Fruit

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

WASHINGTON PRE-K CENTER

	<u>08/30</u>	<u>08/31</u>	<u>09/01</u>	<u>09/02</u>	<u>09/03</u>
Lunch	Rib Patty Sandwich Baked Beans Apple Slices Pkg	Cheese Enchilada Tossed Salad Ranch Dressing Apple Slices Pkg	Chicken Strips Mashed Potatoes Country Gravy Apple Slices Pkg	Cheese Pocket Marinara Sauce Mixed Vegetables Apple Slices Pkg	Pizza, Cheese Carrot Sticks Dressing, Ranch Apple Slices Pkg

WEST MIDDLE SCHOOL

	<u>08/30</u>	<u>08/31</u>	<u>09/01</u>	<u>09/02</u>	<u>09/03</u>
Lunch	Rib Patty Sandwich Steak Fingers Baked Beans Glazed Carrots Apple Slices Pkg	Cheese Enchilada Crispitos, Chicken Chili Tossed Salad Ranch Dressing Refried Beans Brown Rice Pilaf Apple Slices Pkg	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apple Slices Pkg	Cheese Pocket Marinara Sauce Hot Dog Tossed Salad Ranch Dressing Mixed Vegetables Berry Apple Crisp Bar Apple Slices Pkg	Pizza, Cheese Carrot Sticks Dressing, Ranch Corn Apple Slices Pkg

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