

EAST MID HIGH

	<u>09/13</u>	<u>09/14</u>	<u>09/15</u>	<u>09/16</u>	<u>09/17</u>
Lunch		Nachos Meat & Cheese Soft Taco Mexi Beans Tossed Salad Ranch Dressing Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Sandwich, Meatball Marinara Sauce Cheese Lasagna Tossed Salad Ranch Dressing California Blend Veggies Orange, Fresh Wedges	Pepperoni Pizza Baby Carrots Grape Tomatoes Dressing, Ranch Tossed Salad Orange, Fresh Wedges
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

ELEMENTARY SCHOOLS

	<u>09/13</u>	<u>09/14</u>	<u>09/15</u>	<u>09/16</u>	<u>09/17</u>
Lunch		Nachos Meat & Cheese Mexi Beans Tossed Salad Ranch Dressing Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Cheese Pocket Tossed Salad Ranch Dressing California Blend Veggies Orange, Fresh Wedges	Pepperoni Pizza Baby Carrots Grape Tomatoes Dressing, Ranch Corn Orange, Fresh Wedges
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

PONCA CITY HIGH SCHOOL

	<u>09/13</u>	<u>09/14</u>	<u>09/15</u>	<u>09/16</u>	<u>09/17</u>
Retro		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 Tossed Salad French Fries Fresh Fruit	Pizza, Assorted Baby Carrots Peas Tossed Salad Fresh Fruit
CHIX		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> 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, 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.

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

ST. MARY'S

	<u>09/13</u>	<u>09/14</u>	<u>09/15</u>	<u>09/16</u>	<u>09/17</u>
Lunch	Hamburger Broccoli w/Cheese Potato Smiles Baked Beans Orange, Fresh Wedges	Nachos Meat & Cheese Mexi Beans Tossed Salad Ranch Dressing Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Cheese Pocket Tossed Salad Ranch Dressing California Blend Veggies Orange, Fresh Wedges	
Meals on Wheels	Frito Chili Pie Fresh Tossed Salad Carrots: Buttered Dessert	Salisbury Steak Mashed Potatoes California Blend Veggies Dessert Dinner Roll	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Ice Cream Cup	Hamburger French Fries Fresh Tossed Salad Dessert	Chicken Alfredo Broccoli Garlic Bread Dessert

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WASHINGTON PRE-K CENTER

	<u>09/13</u>	<u>09/14</u>	<u>09/15</u>	<u>09/16</u>	<u>09/17</u>
Lunch		Nachos Meat & Cheese Mexi Beans Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Country Gravy Orange, Fresh Wedges	Cheese Pocket Tossed Salad Marinara Sauce Ranch Dressing Orange, Fresh Wedges	Pepperoni Pizza Baby Carrots Dressing, Ranch Orange, Fresh Wedges

WEST MIDDLE SCHOOL

	<u>09/13</u>	<u>09/14</u>	<u>09/15</u>	<u>09/16</u>	<u>09/17</u>
Lunch	Hamburger Broccoli w/Cheese Potato Smiles Baked Beans Orange, Fresh Wedges	Nachos Meat & Cheese Soft Taco Mexi Beans Tossed Salad Ranch Dressing Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Cheese Pocket Marinara Sauce Cheese Lasagna Tossed Salad California Blend Veggies Orange, Fresh Wedges	Pepperoni Pizza Baby Carrots Grape Tomatoes Dressing, Ranch Orange, Fresh Wedges

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