

## EAST MID HIGH

	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>	<u>09/23</u>	<u>09/24</u>
<b>Lunch</b>	Beef Bean Burrito Cheese Sauce Chicken Cheese Crispito Baby Carrots Ranch Dressing Refried Beans Tossed Salad Cinnamon Applesauce	Corn Dog Mac & Cheese Mexi Beans Tossed Salad Ranch Dressing Cinnamon Applesauce	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Cinnamon Applesauce	Breaded Mini Ravioli Marinara Sauce Pretzel Cheese Sauce California Blend Veggies Tossed Salad Ranch Dressing Cinnamon Applesauce	Pizza Pocket Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Tossed Salad Cinnamon Applesauce
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

## ELEMENTARY SCHOOLS

	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>	<u>09/23</u>	<u>09/24</u>
<b>Lunch</b>	Beef Bean Burrito Cheese Sauce Baby Carrots Ranch Dressing Refried Beans Cinnamon Applesauce	Corn Dog Mexi Beans Tossed Salad Ranch Dressing Cinnamon Applesauce	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Cinnamon Applesauce	Breaded Mini Ravioli Marinara Sauce California Blend Veggies Tossed Salad Ranch Dressing Cinnamon Applesauce	Pizza Pocket Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Cinnamon Applesauce
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

# PONCA CITY HIGH SCHOOL

	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>	<u>09/23</u>	<u>09/24</u>
<b>Retro</b>	Bar, Byo Baked Potato Bread Stick Broccoli w/Cheese Bean 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	Hamburger Cheese, Slice, American French Fries Baby Carrots Baked Beans Fresh Fruit	Pizza, Assorted Pasta Salad Baby Carrots Tossed Salad 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	Chicken 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	<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)**

<b>On the Fly</b>	Crispy Chicken Salad				
	Salad, Grilled Chicken Garden				
	Salad, Ham Garden	Salad, Chicken Caesar	Salad, Ham Garden	Salad, Chicken Caesar	Salad, Ham Garden
	Salad, Southern Berry		Salad, Southern Berry		Salad, Southern Berry
	Salad, Chicken Caesar		Salad, Chicken Caesar		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>09/20</u>	<u>09/21</u>	<u>09/22</u>	<u>09/23</u>	<u>09/24</u>
<b>Lunch</b>	Beef Bean Burrito Cheese Sauce Baby Carrots Ranch Dressing Refried Beans Cinnamon Applesauce	Corn Dog Mexi Beans Tossed Salad Ranch Dressing Cinnamon Applesauce	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Cinnamon Applesauce	Breaded Mini Ravioli Marinara Sauce California Blend Veggies Tossed Salad Ranch Dressing Cinnamon Applesauce	Pizza Pocket Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Cinnamon Applesauce
<b>Meals on Wheels</b>	Chicken, Teriyaki Egg Roll Broccoli Vanilla Pudding Snack	Calzone Tossed Salad Vegetable Selection Dessert	Chicken Strip Green Beans Mashed Potatoes Country Gravy Dinner Roll Ice Cream Cup	Soft Taco Refried Beans Mexi Rice Tossed Salad Dessert	Pepperoni Pizza California Blend Veggies Tossed Salad Cherry Tomatoes Jello

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## WASHINGTON PRE-K CENTER

	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>	<u>09/23</u>	<u>09/24</u>
<b>Lunch</b>	Beef Bean Burrito Cheese Sauce Baby Carrots Ranch Dressing Cinnamon Applesauce	Corn Dog Mexi Beans Cinnamon Applesauce	Chicken Leg Mashed Potatoes Country Gravy Cinnamon Applesauce	Breaded Mini Ravioli Marinara Sauce Tossed Salad Cinnamon Applesauce	Pizza Pocket Broccoli w/Cheese Cinnamon Applesauce

## WEST MIDDLE SCHOOL

	<u>09/20</u>	<u>09/21</u>	<u>09/22</u>	<u>09/23</u>	<u>09/24</u>
<b>Lunch</b>	Beef Bean Burrito Cheese Sauce Chicken Cheese Crispito Baby Carrots Ranch Dressing Refried Beans Cinnamon Applesauce	Corn Dog Mac & Cheese Mexi Beans Tossed Salad Ranch Dressing Cinnamon Applesauce	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Cinnamon Applesauce	Pretzel Cheese Sauce Breaded Mini Ravioli Marinara Sauce California Blend Veggies Tossed Salad Cinnamon Applesauce	Pizza Pocket Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Cinnamon Applesauce

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