

EAST MID HIGH

	<u>09/27</u>	<u>09/28</u>	<u>09/29</u>	<u>09/30</u>	<u>10/01</u>
Lunch	Hamburger Glazed Carrots Baked Beans French Fries Broccoli w/Cheese Mixed Fruit Tossed Salad	Frito Chili Pie Hot Dog Refried Beans Tossed Salad Glazed Carrots Mixed Fruit	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Fruit	Cheese Pocket Marinara Sauce Chicken Wrap Italian Vegetables Tossed Salad Mixed Fruit	TBA
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

ELEMENTARY SCHOOLS

	<u>09/27</u>	<u>09/28</u>	<u>09/29</u>	<u>09/30</u>	<u>10/01</u>
Lunch	Hamburger Potato Smiles Glazed Carrots Baked Beans Mixed Fruit	Frito Chili Pie Refried Beans Glazed Carrots Mixed Fruit	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll	Cheese Pocket Marinara Sauce Tossed Salad Ranch Dressing Mixed Vegetables	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Mixed Fruit
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

PONCA CITY HIGH SCHOOL

	<u>09/27</u>	<u>09/28</u>	<u>09/29</u>	<u>09/30</u>	<u>10/01</u>
Retro	BBQ Sandwich Tossed Salad Broccoli Salad Baked Beans Glazed Carrots 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	TBA
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
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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>09/27</u>	<u>09/28</u>	<u>09/29</u>	<u>09/30</u>	<u>10/01</u>
Lunch	Hamburger Broccoli w/Cheese Baked Beans Potato Smiles Mixed Fruit	Frito Chili Pie Refried Beans Glazed Carrots Mixed Fruit	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Fruit	Cheese Pocket Marinara Sauce Tossed Salad Ranch Dressing Mixed Fruit	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Mixed Fruit
Meals on Wheels	BBQ Sandwich Glazed Carrots Baked Beans (Vegetarian) Dessert Fresh Tossed Salad	Hamburger Ranch Beans Oven Fried Potatoes Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Ice Cream Cup	Beef Burrito Mexi Rice Mexi Beans Tossed Salad Dessert	TBA
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WASHINGTON PRE-K CENTER

	<u>09/27</u>	<u>09/28</u>	<u>09/29</u>	<u>09/30</u>	<u>10/01</u>
Lunch	Hamburger Potato Smiles Mixed Fruit	Frito Chili Pie Refried Beans Mixed Fruit	Chicken Strips Mashed Potatoes Country Gravy Mixed Fruit	Cheese Pocket Marinara Sauce Tossed Salad Mixed Vegetables	TBA

WEST MIDDLE SCHOOL

	<u>09/27</u>	<u>09/28</u>	<u>09/29</u>	<u>09/30</u>	<u>10/01</u>
Lunch	Hamburger Broccoli w/Cheese Potato Smiles Baked Beans Mixed Fruit	Frito Chili Pie Refried Beans Glazed Carrots Mixed Fruit	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Fruit	Cheese Pocket Marinara Sauce Italian Vegetables Tossed Salad Mixed Fruit	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Mixed Fruit
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					