

## **EAST MID HIGH**

	<b><u>10/18</u></b>	<b><u>10/19</u></b>	<b><u>10/20</u></b>	<b><u>10/21</u></b>	<b><u>10/22</u></b>
<b>Lunch</b>		Mac & Cheese BBQ Sandwich Tossed Salad Peas Ranch Dressing Jello Mixed Fruit	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Fruit	Tangerine Chicken Chicken, Teriyaki Brown Rice Tossed Salad Ranch Dressing Grape Tomatoes Mixed Fruit	Pizza Pocket Marinara Sauce Tossed Salad Broccoli Bean Salad Mixed Fruit
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

## **ELEMENTARY SCHOOLS**

	<b><u>10/18</u></b>	<b><u>10/19</u></b>	<b><u>10/20</u></b>	<b><u>10/21</u></b>	<b><u>10/22</u></b>
<b>Lunch</b>		Mac & Cheese Tossed Salad Peas Ranch Dressing Jello Mixed Fruit	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Fruit	Tangerine Chicken Brown Rice Tossed Salad Ranch Dressing Grape Tomatoes Mixed Fruit	Pretzel Cheese Sauce Broccoli Bean Salad Mixed Fruit
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

# PONCA CITY HIGH SCHOOL

	<u>10/18</u>	<u>10/19</u>	<u>10/20</u>	<u>10/21</u>	<u>10/22</u>
<b>Retro</b>		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
<b>CHIX</b>		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> 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, 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>10/18</u>	<u>10/19</u>	<u>10/20</u>	<u>10/21</u>	<u>10/22</u>
<b>Lunch</b>		Mac & Cheese Tossed Salad Peas Ranch Dressing Jello Mixed Fruit	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Fruit	Tangerine Chicken Brown Rice Tossed Salad Ranch Dressing Grape Tomatoes Mixed Fruit	Pretzel Cheese Sauce Broccoli Bean Salad Mixed Fruit
<b>Meals on Wheels</b>		Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert	Crispy Taco Mexi Rice Refried Beans Dessert	Pizza, Assorted Tossed Salad California Blend Veggies Dessert

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## WASHINGTON PRE-K CENTER

	<u>10/18</u>	<u>10/19</u>	<u>10/20</u>	<u>10/21</u>	<u>10/22</u>
<b>Lunch</b>		Mac & Cheese Tossed Salad Ranch Dressing Mixed Fruit	Popcorn Smackers Mashed Potatoes Country Gravy Mixed Fruit	Tangerine Chicken Brown Rice Peas Mixed Fruit	Pretzel Cheese Sauce Broccoli Mixed Fruit

## WEST MIDDLE SCHOOL

	<u>10/18</u>	<u>10/19</u>	<u>10/20</u>	<u>10/21</u>	<u>10/22</u>
<b>Lunch</b>		Mac & Cheese Chopped BBQ Sandwich Tossed Salad Peas Ranch Dressing Jello Mixed Fruit	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Fruit	Tangerine Chicken Chicken, Teriyaki Brown Rice Tossed Salad Ranch Dressing Grape Tomatoes Mixed Fruit	Pretzel Cheese Sauce Pizza, Cheese Broccoli Bean Salad Mixed Fruit

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