

EAST MID HIGH

	<u>10/25</u>	<u>10/26</u>	<u>10/27</u>	<u>10/28</u>	<u>10/29</u>
Lunch	Hamburger Cheese, American Slice Broccoli w/Cheese Baked Beans Tossed Salad Pears: Canned, Light Syrup	Nachos Meat & Cheese Soft Taco Mexi Beans Tossed Salad Ranch Dressing Pears: Canned, Light Syrup	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Pears: Canned, Light Syrup	Sandwich, Meatball Cheese Lasagna California Blend Veggies Tossed Salad Ranch Dressing Pears: Canned, Light Syrup	Pepperoni Pizza Pizza, Cheese Baby Carrots Grape Tomatoes Tossed Salad Dressing, Ranch Pears: Canned, Light Syrup

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

ELEMENTARY SCHOOLS

	<u>10/25</u>	<u>10/26</u>	<u>10/27</u>	<u>10/28</u>	<u>10/29</u>
Lunch	Hamburger Cheese, American Slice Broccoli w/Cheese Baked Beans Pears: Canned, Light Syrup	Nachos Meat & Cheese Mexi Beans Tossed Salad Ranch Dressing Pears: Canned, Light Syrup	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Pears: Canned, Light Syrup	Cheese Lasagna California Blend Veggies Tossed Salad Ranch Dressing Pears: Canned, Light Syrup	Pepperoni Pizza Baby Carrots Grape Tomatoes Dressing, Ranch Pears: Canned, Light Syrup

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PONCA CITY HIGH SCHOOL

	<u>10/25</u>	<u>10/26</u>	<u>10/27</u>	<u>10/28</u>	<u>10/29</u>
Retro	Mac & Cheese Fresh Fruit Tossed Salad Grape Tomatoes Mexi Beans	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 California Blend Veggies 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
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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>10/25</u>	<u>10/26</u>	<u>10/27</u>	<u>10/28</u>	<u>10/29</u>
Lunch	Hamburger Cheese, American Slice Broccoli w/Cheese Baked Beans Pears: Canned, Light Syrup	Nachos Meat & Cheese Mexi Beans Tossed Salad Ranch Dressing Pears: Canned, Light Syrup	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Pears: Canned, Light Syrup	Cheese Lasagna California Blend Veggies Tossed Salad Ranch Dressing Pears: Canned, Light Syrup	Pepperoni Pizza Baby Carrots Grape Tomatoes Dressing, Ranch Pears: Canned, Light Syrup
Meals on Wheels	Chicken, Teriyaki Egg Roll Veg Rice, White Oriental Vegetables Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert	Grilled Chicken Sandwich Bacon French Fries Dessert	Cheese Pocket Tossed Salad Peas Dessert

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WASHINGTON PRE-K CENTER

	<u>10/25</u>	<u>10/26</u>	<u>10/27</u>	<u>10/28</u>	<u>10/29</u>
Lunch	Hamburger Cheese, American Slice Broccoli w/Cheese Pears: Canned, Light Syrup	Nachos Meat & Cheese Mexi Beans Pears: Canned, Light Syrup	Chicken Strip Mashed Potatoes Country Gravy Pears: Canned, Light Syrup	Cheese Lasagna Tossed Salad Ranch Dressing Pears: Canned, Light Syrup	Pepperoni Pizza Baby Carrots Dressing, Ranch Pears: Canned, Light Syrup

WEST MIDDLE SCHOOL

	<u>10/25</u>	<u>10/26</u>	<u>10/27</u>	<u>10/28</u>	<u>10/29</u>
Lunch	Hamburger Cheese, American Slice Broccoli w/Cheese Baked Beans Pears: Canned, Light Syrup	Nachos Meat & Cheese Soft Taco Mexi Beans Tossed Salad Ranch Dressing Pears: Canned, Light Syrup	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Pears: Canned, Light Syrup	Cheese Lasagna Cheese Pocket California Blend Veggies Tossed Salad Ranch Dressing Pears: Canned, Light Syrup	Pepperoni Pizza Baby Carrots Grape Tomatoes Dressing, Ranch Pears: Canned, Light Syrup

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