

EAST MID HIGH

	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	<u>10/08</u>
Lunch	Chicken Patty Sandwich Beef Bean Burrito Baby Carrots Tossed Salad Ranch Dressing Mexi Beans Orange, Fresh	Soft Taco Tossed Salad Ranch Dressing Refried Beans Jello Orange, Fresh	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh	Steak Fingers BBQ Sandwich Biscuit Tossed Salad Ranch Dressing Scalloped Potatoes Orange, Fresh	Pizza Pocket Marinara Sauce Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Corn Orange, Fresh

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

ELEMENTARY SCHOOLS

	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	<u>10/08</u>
Lunch	Chicken Patty Sandwich Baby Carrots Ranch Dressing Mexi Beans Orange, Fresh Wedges	Soft Taco Tossed Salad Ranch Dressing Refried Beans Jello Orange, Fresh Wedges	Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Steak Fingers Biscuit Tossed Salad Ranch Dressing Scalloped Potatoes Orange, Fresh Wedges	

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PONCA CITY HIGH SCHOOL

	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	<u>10/08</u>
Retro	TBA Fresh Fruit	TBA Fresh Fruit	TBA Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	TBA Fresh Fruit	TBA 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)

<p>On the Fly</p>	<p>Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Ham Garden Salad, Southern Berry Salad, Chicken Caesar</p>	<p>Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Chicken Caesar</p>	<p>Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Ham Garden Salad, Southern Berry Salad, Chicken Caesar</p>	<p>Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Chicken Caesar</p>	<p>Crispy Chicken Salad Salad, Grilled Chicken Garden Salad, Ham Garden Salad, Southern Berry Salad, Chicken Caesar</p>
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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>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	<u>10/08</u>
Lunch	Chicken Patty Sandwich Baby Carrots Ranch Dressing Mexi Beans Orange, Fresh Wedges	Soft Taco Tossed Salad Ranch Dressing Refried Beans Jello Orange, Fresh Wedges	Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Steak Fingers Biscuit Tossed Salad Ranch Dressing Scalloped Potatoes Orange, Fresh Wedges	Pizza Pocket Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Corn Orange, Fresh Wedges
Meals on Wheels	Soft Taco Mexi Rice Refried Beans Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert	Chicken Nuggets Oven Fry Wedges Bean Salad Dessert	Pizza Pocket Tossed Salad Broccoli Dessert

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WASHINGTON PRE-K CENTER

	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	<u>10/08</u>
Lunch	Chicken Patty Sandwich Mexi Beans Orange, Fresh Wedges	Soft Taco Tossed Salad Ranch Dressing Refried Beans Orange, Fresh Wedges	Chicken Nuggets Mashed Potatoes Country Gravy Orange, Fresh Wedges	Steak Fingers Biscuit Green Beans Orange, Fresh Wedges	Pizza Pocket Broccoli w/Cheese Orange, Fresh Wedges

WEST MIDDLE SCHOOL

	<u>10/04</u>	<u>10/05</u>	<u>10/06</u>	<u>10/07</u>	<u>10/08</u>
Lunch	Chicken Patty Sandwich Beef Bean Burrito Cheese Sauce Baby Carrots Ranch Dressing Mexi Beans Orange, Fresh Wedges	Soft Taco Tossed Salad Ranch Dressing Refried Beans Jello Orange, Fresh Wedges	Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Steak Fingers Chopped BBQ Sandwich Biscuit Tossed Salad Ranch Dressing Scalloped Potatoes Orange, Fresh Wedges	

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