

EAST MID HIGH

	<u>11/15</u>	<u>11/16</u>	<u>11/17</u>	<u>11/18</u>	<u>11/19</u>
Lunch	Chicken Patty Sandwich Beef Bean Burrito Baby Carrots Ranch Dressing Mexi Beans Apples Cinnamon Slices	Soft Taco Tossed Salad Ranch Dressing Refried Beans Jello Apples Cinnamon Slices	Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apples Cinnamon Slices	Turkey Roast Gravy, Turkey Dressing, Cornbread Sweet Potato, Candied Tossed Salad Apple Crisp	Chicken Quesadilla Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Corn Apples Cinnamon Slices
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

ELEMENTARY SCHOOLS

	<u>11/15</u>	<u>11/16</u>	<u>11/17</u>	<u>11/18</u>	<u>11/19</u>
Lunch	Chicken Patty Sandwich Baby Carrots Ranch Dressing Mexi Beans Apples Cinnamon Slices	Soft Taco Tossed Salad Ranch Dressing Refried Beans Apples Cinnamon Slices	Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apples Cinnamon Slices	Turkey Roast Gravy, Turkey Dressing, Cornbread Sweet Potato, Candied Tossed Salad Apple Crisp	Chicken Quesadilla Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Corn Apples Cinnamon Slices
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PONCA CITY HIGH SCHOOL

	<u>11/15</u>	<u>11/16</u>	<u>11/17</u>	<u>11/18</u>	<u>11/19</u>
Retro	Mini Corn Dogs Baby Carrots Baked Beans Tossed Salad Fresh Fruit	Hamburger Cheese, Slice, American French Fries Baby Carrots Baked Beans Fresh Fruit Tossed Salad	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	Turkey Roast Gravy, Turkey Cornbread Stuffing Sweet Potato, Candied Dessert	Chicken Quesadilla Grape Tomatoes Tossed Salad Broccoli Fresh Fruit Jello
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	Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad
	Salad, Grilled Chicken Garden	Salad, Grilled Chicken Garden	Salad, Grilled Chicken Garden	Salad, Grilled Chicken Garden	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>11/15</u>	<u>11/16</u>	<u>11/17</u>	<u>11/18</u>	<u>11/19</u>
Lunch	Chicken Patty Sandwich Baby Carrots Ranch Dressing Mexi Beans Sliced Apples w/Cinnamon	Soft Taco Tossed Salad Ranch Dressing Refried Beans Jello Sliced Apples w/Cinnamon	Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Sliced Apples w/Cinnamon	Turkey Roast Gravy, Turkey Dressing, Cornbread Sweet Potato, Candied Tossed Salad Apple Crisp	Chicken Quesadilla Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Corn Sliced Apples w/Cinnamon
Meals on Wheels	Chicken, Sweet and Sour Egg Roll Broccoli Dessert	Soft Taco Mexi Rice Refried Beans Dessert	Chicken Strip Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Turkey and Dressing Supreme Gravy, Turkey Sweet Potato, Candied Dessert	Chicken Quesadilla Tossed Salad Broccoli Dessert

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WASHINGTON PRE-K CENTER

	<u>11/15</u>	<u>11/16</u>	<u>11/17</u>	<u>11/18</u>	<u>11/19</u>
Lunch	Chicken Patty Sandwich Mexi Beans Apples Cinnamon Slices	Soft Taco Tossed Salad Ranch Dressing Apples Cinnamon Slices	Chicken Nuggets Mashed Potatoes Country Gravy Apples Cinnamon Slices	Turkey Roast Gravy, Turkey Dressing, Cornbread Seasoned Green Beans Apple Crisp	Chicken Quesadilla Broccoli w/Cheese Apples Cinnamon Slices

WEST MIDDLE SCHOOL

	<u>11/15</u>	<u>11/16</u>	<u>11/17</u>	<u>11/18</u>	<u>11/19</u>
Lunch	Chicken Patty Sandwich Beef Bean Burrito Baby Carrots Ranch Dressing Mexi Beans Sliced Apples w/Cinnamon	Soft Taco Tossed Salad Ranch Dressing Refried Beans Jello Sliced Apples w/Cinnamon	Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Sliced Apples w/Cinnamon	Turkey Roast Gravy, Turkey Dressing, Cornbread Sweet Potato, Candied Tossed Salad Apple Crisp Sliced Apples w/Cinnamon	Chicken Quesadilla Broccoli w/Cheese Grape Tomatoes Dressing, Ranch Corn Sliced Apples w/Cinnamon

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