

## **EAST MID HIGH**

	<u><b>11/29</b></u>	<u><b>11/30</b></u>	<u><b>12/01</b></u>	<u><b>12/02</b></u>	<u><b>12/03</b></u>
<b>Lunch</b>	Mini Corn Dogs Baked Beans Baby Carrots Ranch Dressing Cinnamon Applesauce	Mac & Cheese BBQ Sandwich Tossed Salad Peas Ranch Dressing Jello Cinnamon Applesauce	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit	Tangerine Chicken Chicken, Teriyaki Brown Rice Tossed Salad Ranch Dressing Grape Tomatoes Fresh Fruit	Pizza, Cheese Broccoli Tossed Salad Bean Salad Fresh Fruit

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

## **ELEMENTARY SCHOOLS**

	<u><b>11/29</b></u>	<u><b>11/30</b></u>	<u><b>12/01</b></u>	<u><b>12/02</b></u>	<u><b>12/03</b></u>
<b>Lunch</b>	Mini Corn Dogs Baked Beans Baby Carrots Ranch Dressing Cinnamon Applesauce	Mac & Cheese Tossed Salad Ranch Dressing Peas Jello Cinnamon Applesauce	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Cinnamon Applesauce	Cheese Enchilada Tossed Salad Mexi Beans Cinnamon Applesauce	Pretzel Cheese Sauce Broccoli Bean Salad Cinnamon Applesauce

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

# PONCA CITY HIGH SCHOOL

	<u>11/29</u>	<u>11/30</u>	<u>12/01</u>	<u>12/02</u>	<u>12/03</u>
<b>Retro</b>	Mac & Cheese Fresh Fruit Tossed Salad Grape Tomatoes Mexi Beans	Hamburger Cheese, Slice, American French Fries Baby Carrots Baked Beans Fresh Fruit Tossed Salad	TBA Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	TBA Fresh Fruit	TBA Fresh Fruit
<b>CHIX</b>	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
<b>My Way</b>	<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)**

<b>On the Fly</b>	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.

Menus may change and are subject to availability.  
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!

**ST. MARY'S**

	<u>11/29</u>	<u>11/30</u>	<u>12/01</u>	<u>12/02</u>	<u>12/03</u>
<b>Lunch</b>	Mini Corn Dogs Baked Beans Baby Carrots Ranch Dressing Cinnamon Applesauce	Sliced Apples w/Cinnamon Mac & Cheese Tossed Salad Peas Ranch Dressing Jello Cinnamon Applesauce	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Cinnamon Applesauce	Tangerine Chicken Brown Rice Tossed Salad Grape Tomatoes Cinnamon Applesauce	Pretzel Cheese Sauce Broccoli Bean Salad Cinnamon Applesauce
<b>Meals on Wheels</b>	Mac & Cheese w/ Ground Beef Broccoli Dinner Roll Dessert	Hamburger Oven Fried Potatoes Ranch Beans Dinner Roll Apple Crisp Dessert	TBA	TBA	TBA

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## WASHINGTON PRE-K CENTER

	<u>11/29</u>	<u>11/30</u>	<u>12/01</u>	<u>12/02</u>	<u>12/03</u>
<b>Lunch</b>	Mini Corn Dogs Baked Beans Cinnamon Applesauce	Mac & Cheese Tossed Salad Ranch Dressing Jello Cinnamon Applesauce	Popcorn Smackers Mashed Potatoes Country Gravy Cinnamon Applesauce	Cheese Enchilada Mexi Beans Cinnamon Applesauce	Pretzel Cheese Sauce Broccoli Cinnamon Applesauce

## WEST MIDDLE SCHOOL

	<u>11/29</u>	<u>11/30</u>	<u>12/01</u>	<u>12/02</u>	<u>12/03</u>
<b>Lunch</b>	Mini Corn Dogs Baked Beans Baby Carrots Ranch Dressing Cinnamon Applesauce	Mac & Cheese BBQ Sandwich Tossed Salad Peas Ranch Dressing Jello Cinnamon Applesauce	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Cinnamon Applesauce	Chicken, Teriyaki Cheese Enchilada Brown Rice Mexi Beans Tossed Salad Ranch Dressing Cinnamon Applesauce	Pretzel Cheese Sauce Pizza, Cheese Broccoli Bean Salad Grape Tomatoes Cinnamon Applesauce

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