

## **EAST MID HIGH**

	<b><u>11/08</u></b>	<b><u>11/09</u></b>	<b><u>11/10</u></b>	<b><u>11/11</u></b>	<b><u>11/12</u></b>
<b>Lunch</b>	Hamburger Baked Beans Potato Smiles Broccoli w/Cheese Orange, Fresh Wedges	Frito Chili Pie Refried Beans Glazed Carrots Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Chicken & Noodles Bread Stick Tossed Salad Ranch Dressing California Blend Veggies Orange, Fresh Wedges	

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

## **ELEMENTARY SCHOOLS**

	<b><u>11/08</u></b>	<b><u>11/09</u></b>	<b><u>11/10</u></b>	<b><u>11/11</u></b>	<b><u>11/12</u></b>
<b>Lunch</b>	Hamburger Baked Beans Harvest Cheddar Sun Chip Broccoli w/Cheese Orange, Fresh Wedges	Frito Chili Pie Refried Beans Glazed Carrots Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Chicken & Noodles Bread Stick Tossed Salad Ranch Dressing California Blend Veggies Orange, Fresh Wedges	

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# PONCA CITY HIGH SCHOOL

	<u>11/08</u>	<u>11/09</u>	<u>11/10</u>	<u>11/11</u>	<u>11/12</u>
<b>Retro</b>	Cheese Enchilada Tossed Salad Mexi Beans Glazed Carrots 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	Chicken Patty Sandwich Tossed Salad Cheese, Slice, American Broccoli w/Cheese Sweet Potato Fries 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	
<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	

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	
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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.

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**ST. MARY'S**

	<u>11/08</u>	<u>11/09</u>	<u>11/10</u>	<u>11/11</u>	<u>11/12</u>
<b>Lunch</b>	Hamburger Harvest Cheddar Sun Chip Baked Beans Broccoli w/Cheese Orange, Fresh Wedges	Frito Chili Pie Refried Beans Glazed Carrots Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Chicken & Noodles Bread Stick Tossed Salad Ranch Dressing California Blend Veggies Orange, Fresh Wedges	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Orange, Fresh Wedges
<b>Meals on Wheels</b>	Cheese Enchilada Glazed Carrots Mexi Beans Dessert	Hamburger Oven Fried Potatoes Ranch Beans Dinner Roll Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Chicken Patty Sandwich Sweet Potato Fries Tossed Salad Dessert	Salisbury Steak Brown Gravy Mashed Potatoes Glazed Carrots Dinner Roll Dessert

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## WASHINGTON PRE-K CENTER

	<u>11/08</u>	<u>11/09</u>	<u>11/10</u>	<u>11/11</u>	<u>11/12</u>
<b>Lunch</b>	Hamburger Sun Chip Assortment Glazed Carrots Orange, Fresh Wedges	Frito Chili Pie Refried Beans Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Country Gravy Orange, Fresh Wedges	Chicken & Noodles Tossed Salad Ranch Dressing Orange, Fresh Wedges	

## WEST MIDDLE SCHOOL

	<u>11/08</u>	<u>11/09</u>	<u>11/10</u>	<u>11/11</u>	<u>11/12</u>
<b>Lunch</b>	Hamburger Baked Beans Potato Smiles Broccoli w/Cheese Orange, Fresh Wedges	Frito Chili Pie Refried Beans Glazed Carrots Orange, Fresh Wedges	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Chicken & Noodles Bread Stick Tossed Salad Ranch Dressing California Blend Veggies Orange, Fresh Wedges	

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