

## EAST MID HIGH

	<u>01/10</u>	<u>01/11</u>	<u>01/12</u>	<u>01/13</u>	<u>01/14</u>
<b>Lunch</b>	Chicken Patty Sandwich Beef Bean Burrito Baby Carrots Ranch Dressing Mexi Beans Tossed Salad Fresh Fruit	Soft Taco Tossed Salad Ranch Dressing Refried Beans Jello Fresh Fruit	Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit	Rib Patty Sandwich Steak Fingers Peas Tossed Salad Fresh Fruit	Chicken Quesadilla Multigrain Sun Chip Broccoli w/Cheese Grape Tomatoes Tossed Salad Fresh Fruit

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

## ELEMENTARY SCHOOLS

	<u>01/10</u>	<u>01/11</u>	<u>01/12</u>	<u>01/13</u>	<u>01/14</u>
<b>Lunch</b>	Chicken Patty Sandwich Baby Carrots Ranch Dressing Mexi Beans Apple Slices Pkg	Soft Taco Tossed Salad Ranch Dressing Refried Beans Jello Apple Slices Pkg	Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apple Slices Pkg	Rib Patty Sandwich Peas Tossed Salad Apple Slices Pkg	Corn Dog Multigrain Sun Chip Broccoli w/Cheese Grape Tomatoes Apple Slices Pkg

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

# PONCA CITY HIGH SCHOOL

	<u>01/10</u>	<u>01/11</u>	<u>01/12</u>	<u>01/13</u>	<u>01/14</u>
<b>Retro</b>	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	Rib Patty Sandwich Tossed Salad Sunchip Assortment Oven Fry Wedges Fresh Fruit	Chicken Quesadilla Grape Tomatoes Tossed Salad Broccoli Fresh Fruit Jello
<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 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>01/10</u>	<u>01/11</u>	<u>01/12</u>	<u>01/13</u>	<u>01/14</u>
<b>Lunch</b>	Chicken Patty Sandwich Baby Carrots Ranch Dressing Mexi Beans Apple Slices Pkg	Soft Taco Tossed Salad Ranch Dressing Refried Beans Jello Apple Slices Pkg	Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apple Slices Pkg	Spaghetti Noodles Meat Balls Peas Tossed Salad Apple Slices Pkg	Corn Dog Multigrain Sun Chip Broccoli w/Cheese Grape Tomatoes Apple Slices Pkg
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					
<b>Meals on Wheels</b>	Chicken, Teriyaki Egg Roll Broccoli Rice, White Dessert	Hamburger French Fries Ranch Beans Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Rib Patty Sandwich Oven Fry Wedges Tossed Salad Dessert	Chicken Quesadilla Mexi Beans Broccoli Dessert
Menus may change and are subject to availability.					

## WASHINGTON PRE-K CENTER

	<u>01/10</u>	<u>01/11</u>	<u>01/12</u>	<u>01/13</u>	<u>01/14</u>
<b>Lunch</b>	Chicken Patty Sandwich Mexi Beans Apple Slices Pkg	Soft Taco Tossed Salad Ranch Dressing Jello Apple Slices Pkg	Chicken Nuggets Mashed Potatoes Country Gravy Apple Slices Pkg	Rib Patty Sandwich Green Beans Tossed Salad Apple Slices Pkg	Corn Dog Multigrain Sun Chip Broccoli w/Cheese Apple Slices Pkg

## WEST MIDDLE SCHOOL

	<u>01/10</u>	<u>01/11</u>	<u>01/12</u>	<u>01/13</u>	<u>01/14</u>
<b>Lunch</b>	Chicken Patty Sandwich Beef Bean Burrito Cheese Sauce Baby Carrots Ranch Dressing Mexi Beans Apple Slices Pkg	Soft Taco Taco Burger Tossed Salad Ranch Dressing Refried Beans Jello Apple Slices Pkg	Chicken Nuggets Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apple Slices Pkg	Rib Patty Sandwich Steak Fingers Peas Tossed Salad Apple Slices Pkg	Chicken Quesadilla Multigrain Sun Chip Broccoli w/Cheese Grape Tomatoes Apple Slices Pkg
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					