

EAST MID HIGH

| | <u>01/31</u> | <u>02/01</u> | <u>02/02</u> | <u>02/03</u> | <u>02/04</u> |
|--|---|---|--|---|--|
| Lunch | Hamburger Cheese, American Slice Broccoli w/Cheese Baked Beans Fresh Fruit | Nachos Meat & Cheese Taco Burger Mexi Beans Tossed Salad Ranch Dressing Fresh Fruit | Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit | Cheese Lasagna Sandwich, Meatball Tossed Salad Ranch Dressing California Blend Veggies Fresh Fruit | Pizza, Assorted Baby Carrots Ranch Dressing Corn Fresh Fruit |
| We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!! | | | | | |

ELEMENTARY SCHOOLS

| | <u>01/31</u> | <u>02/01</u> | <u>02/02</u> | <u>02/03</u> | <u>02/04</u> |
|--|---|--|--|--|--|
| Lunch | Hamburger Cheese, American Slice Broccoli w/Cheese Baked Beans Pears: Canned, Light Syrup | Nachos Meat & Cheese Mexi Beans Tossed Salad Ranch Dressing Pears: Canned, Light Syrup | Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Pears: Canned, Light Syrup | Cheese Lasagna Tossed Salad Ranch Dressing California Blend Veggies Pears: Canned, Light Syrup | Pepperoni Pizza Baby Carrots Ranch Dressing Corn Pears: Canned, Light Syrup |
| We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!! | | | | | |

PONCA CITY HIGH SCHOOL

| | <u>01/31</u> | <u>02/01</u> | <u>02/02</u> | <u>02/03</u> | <u>02/04</u> |
|---------------|---|---|--|---|---|
| Retro | Chicken Quesadilla Grape Tomatoes Tossed Salad Broccoli 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 | Frito Chili Pie Tossed Salad Broccoli Grape Tomatoes Jello Fresh Fruit | Ravioli Marinara Sauce Tossed Salad Peas Baby Carrots Jello 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 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)

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| On the Fly | 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 |
|-------------------|--|--|--|--|--|

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>01/31</u> | <u>02/01</u> | <u>02/02</u> | <u>02/03</u> | <u>02/04</u> |
|--|---|--|--|--|--|
| Lunch | Hamburger Cheese, American Slice Broccoli w/Cheese Baked Beans Pears: Canned, Light Syrup | Nachos Meat & Cheese Mexi Beans Tossed Salad Ranch Dressing Pears, Fresh Med. | Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Pears, Fresh Med. | Cheese Lasagna Tossed Salad Ranch Dressing California Blend Veggies Pears, Fresh Med. | Pepperoni Pizza Baby Carrots Ranch Dressing Corn Pears, Fresh Med. |
| We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!! | | | | | |
| Meals on Wheels | Chicken Quesadilla Fresh Tossed Salad Refried Beans Dessert | Hamburger Cheese, Slice, Ameircan French Fries Baked Beans Dessert | Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert | Frito Chili Pie Broccoli Tossed Salad Dessert | Ravioli Peas Tossed Salad Garlic Bread Dessert |
| Menus may change and are subject to availability. | | | | | |

WASHINGTON PRE-K CENTER

| | <u>01/31</u> | <u>02/01</u> | <u>02/02</u> | <u>02/03</u> | <u>02/04</u> |
|--------------|---|--|--|---|--|
| Lunch | Hamburger Broccoli w/Cheese Peaches, Sliced | Nachos Meat & Cheese Mexi Beans Peaches, Sliced | Chicken Strip Mashed Potatoes Country Gravy Peaches, Sliced | Cheese Lasagna Tossed Salad Ranch Dressing Peaches, Sliced | Pepperoni Pizza Baby Carrots Ranch Dressing Peaches, Sliced |

WEST MIDDLE SCHOOL

| | <u>01/31</u> | <u>02/01</u> | <u>02/02</u> | <u>02/03</u> | <u>02/04</u> |
|--|---|---|--|--|--|
| Lunch | Hamburger Cheese, American Slice Broccoli w/Cheese Baked Beans Pears: Canned, Light Syrup | Nachos Meat & Cheese Soft Taco Mexi Beans Tossed Salad Ranch Dressing Pears: Canned, Light Syrup | Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Pears: Canned, Light Syrup | Cheese Lasagna Cheese Bites Tossed Salad Ranch Dressing California Blend Veggies Pears: Canned, Light Syrup | Pepperoni Pizza Baby Carrots Ranch Dressing Corn Pears: Canned, Light Syrup |
| We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!! | | | | | |