

EAST MID HIGH

	<u>01/03</u>	<u>01/04</u>	<u>01/05</u>	<u>01/06</u>	<u>01/07</u>
Lunch		Frito Chili Pie Hot Dog Refried Beans Glazed Carrots Tossed Salad Fresh Fruit	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit	Chicken & Noodles Chicken Wrap Bread Stick Tossed Salad Ranch Dressing California Blend Veggies Fresh Fruit	Pepperoni Pizza Pizza, Cheese Baby Carrots Ranch Dressing Corn Tossed Salad Fresh Fruit

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

ELEMENTARY SCHOOLS

	<u>01/03</u>	<u>01/04</u>	<u>01/05</u>	<u>01/06</u>	<u>01/07</u>
Lunch		Frito Chili Pie Refried Beans Glazed Carrots Pineapple Tidbits	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Pineapple Tidbits	Chicken & Noodles Bread Stick Tossed Salad Ranch Dressing California Blend Veggies Pineapple Tidbits	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Pineapple Tidbits

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

PONCA CITY HIGH SCHOOL

	<u>01/03</u>	<u>01/04</u>	<u>01/05</u>	<u>01/06</u>	<u>01/07</u>
Retro		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	Pizza, Assorted Tossed Salad Cherry Tomatoes Broccoli Fresh Fruit
CHIX		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> 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 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>01/03</u>	<u>01/04</u>	<u>01/05</u>	<u>01/06</u>	<u>01/07</u>
Lunch			Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Pineapple Chunk	Chicken & Noodles Bread Stick Tossed Salad Ranch Dressing California Blend Veggies Pineapple Chunk	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Pineapple Chunk

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Meals on Wheels	Pork Tenderloin/Sauce Dressing, Cornbread California Blend Veggies Dessert	Hamburger Oven Fried Potatoes Ranch Beans Apple Crisp Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Chicken Patty Sandwich Sweet Potato Fries Broccoli w/Cheese Dessert	Chicken Alfredo California Blend Veggies Fresh Tossed Salad Garlic Bread Dessert
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Menus may change and are subject to availability.

WASHINGTON PRE-K CENTER

	<u>01/03</u>	<u>01/04</u>	<u>01/05</u>	<u>01/06</u>	<u>01/07</u>
Lunch		Frito Chili Pie Refried Beans Pineapple Tidbits	Chicken Strips Mashed Potatoes Country Gravy Pineapple Tidbits	Chicken & Noodles Tossed Salad Ranch Dressing Pineapple Tidbits	Pepperoni Pizza Baby Carrots Ranch Dressing Pineapple Tidbits

WEST MIDDLE SCHOOL

	<u>01/03</u>	<u>01/04</u>	<u>01/05</u>	<u>01/06</u>	<u>01/07</u>
Lunch		Frito Chili Pie Refried Beans Glazed Carrots Pineapple Tidbits	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Pineapple Tidbits	Chicken & Noodles Bread Stick Tossed Salad Ranch Dressing California Blend Veggies Pineapple Tidbits	Pepperoni Pizza Baby Carrots Ranch Dressing Corn Pineapple Tidbits

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