

EAST MID HIGH

	<u>03/21</u>	<u>03/22</u>	<u>03/23</u>	<u>03/24</u>	<u>03/25</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	Fish Stick Pizza, Cheese Baby Carrots Tossed Salad Corn Fresh Fruit
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

ELEMENTARY SCHOOLS

	<u>03/21</u>	<u>03/22</u>	<u>03/23</u>	<u>03/24</u>	<u>03/25</u>
Lunch	Hamburger Baked Beans Broccoli w/Cheese Grapes, Fresh	Nachos Meat & Cheese Mexi Beans Glazed Carrots Grapes, Fresh	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Grapes, Fresh	Cheese Lasagna Tossed Salad Ranch Dressing California Blend Veggies Grapes, Fresh	Fish Stick Baby Carrots Corn Potato Smiles Grapes, Fresh
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

PONCA CITY HIGH SCHOOL

	<u>03/21</u>	<u>03/22</u>	<u>03/23</u>	<u>03/24</u>	<u>03/25</u>
Retro	Chicken Quesadilla Grape Tomatoes Tossed Salad Broccoli Fresh Fruit	Hamburger Cheese, Slice, American French Fries Baby Carrots Baked Beans Fresh Fruit	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	Hamburger Cheese, Slice, American French Fries Baby Carrots Baked Beans Fresh Fruit	Pizza, Assorted Baby Carrots Peas Tossed Salad 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)

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
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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>03/21</u>	<u>03/22</u>	<u>03/23</u>	<u>03/24</u>	<u>03/25</u>
Lunch	Hamburger Cheese, American Slice Broccoli w/Cheese Baked Beans Grapes, Fresh	Nachos Meat & Cheese Mexi Beans Tossed Salad Ranch Dressing Grapes, Fresh	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Grapes, Fresh	Cheese Lasagna Tossed Salad Ranch Dressing California Blend Veggies Grapes, Fresh	Fish Stick Baby Carrots Ranch Dressing Corn Grapes, Fresh
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Meals on Wheels	Chicken Quesadilla Tossed Salad Broccoli Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Spaghetti Noodles Meat Balls Marinara Sauce Garlic Bread Tossed Salad Dessert
Menus may change and are subject to availability.					

WASHINGTON PRE-K CENTER

	<u>03/21</u>	<u>03/22</u>	<u>03/23</u>	<u>03/24</u>	<u>03/25</u>
Lunch	Hamburger Cheese, American Slice Broccoli w/Cheese Peaches, Sliced	Nachos Meat & Cheese Mexi Beans Peaches, Sliced	Chicken Strips Mashed Potatoes Country Gravy Peaches, Sliced	Cheese Lasagna Tossed Salad Ranch Dressing Peaches, Sliced	Fish Stick Baby Carrots Peaches, Sliced

WEST MIDDLE SCHOOL

	<u>03/21</u>	<u>03/22</u>	<u>03/23</u>	<u>03/24</u>	<u>03/25</u>
Lunch	Hamburger Cheese, American Slice French Fries Broccoli w/Cheese Baked Beans Strawberries	Nachos Meat & Cheese Soft Taco Mexi Beans Tossed Salad Ranch Dressing Strawberries	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Strawberries	Cheese Lasagna Cheese Bites Tossed Salad Ranch Dressing California Blend Veggies Strawberries	Fish Stick Baby Carrots Corn Potato Smiles Strawberries
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