

EAST MID HIGH

	<u>03/28</u>	<u>03/29</u>	<u>03/30</u>	<u>03/31</u>	<u>04/01</u>
Lunch	Beef Bean Burrito Cheese Sauce Chicken Cheese Crispito Mexi Beans Baby Carrots Ranch Dressing Fresh Fruit	Corn Dog Mac & Cheese Tossed Salad Baked Beans Ranch Dressing Fresh Fruit	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit	Chicken Quesadilla Sauce, Salsa Picante Broccoli w/Cheese Tossed Salad Fresh Fruit	TBA

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

ELEMENTARY SCHOOLS

	<u>03/28</u>	<u>03/29</u>	<u>03/30</u>	<u>03/31</u>	<u>04/01</u>
Lunch	Beef Bean Burrito Cheese Sauce Baby Carrots Ranch Dressing Refried Beans Strawberries	Corn Dog Baked Beans Tossed Salad Ranch Dressing Strawberries	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Strawberries	Breaded Mini Ravioli Marinara Sauce Glazed Carrots Tossed Salad Strawberries	Pizza, Cheese Broccoli w/Cheese Grape Tomatoes Ranch Dressing Fruit Cup

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

PONCA CITY HIGH SCHOOL

	<u>03/28</u>	<u>03/29</u>	<u>03/30</u>	<u>03/31</u>	<u>04/01</u>
Retro	Beef Bean Burrito Chili Tossed Salad Broccoli w/Cheese Baby 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 Cheese, Slice, American Bacon Broccoli w/Cheese Sweet Potato Fries Fresh Fruit Tossed Salad	TBA
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	Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad
	Salad, Grilled Chicken Garden	Salad, Grilled Chicken Garden	Salad, Grilled Chicken Garden	Salad, Grilled Chicken Garden	Salad, Grilled Chicken Garden
	Salad, Ham Garden	Salad, Chicken Caesar	Salad, Ham Garden	Salad, Chicken Caesar	Salad, Ham Garden
	Salad, Southern Berry		Salad, Southern Berry		Salad, Southern Berry
	Salad, Chicken Caesar		Salad, Chicken Caesar		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

	03/28	03/29	03/30	03/31	04/01
Lunch	Beef Bean Burrito Cheese Sauce Baby Carrots Ranch Dressing Mexi Beans Strawberries	Corn Dog Tossed Salad Ranch Dressing Baked Beans Strawberries	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Strawberries	Breaded Mini Ravioli Marinara Sauce Glazed Carrots Tossed Salad Strawberries	TBA

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Meals on Wheels	Chicken, Teriyaki Egg Roll Rice, White Oriental Vegetables Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit Dessert	Chicken Patty Sandwich Cheese, Slice, American Bacon Sweet Potato Fries Dessert	TBA
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Menus may change and are subject to availability.

WASHINGTON PRE-K CENTER

	<u>03/28</u>	<u>03/29</u>	<u>03/30</u>	<u>03/31</u>	<u>04/01</u>
Lunch	Beef Bean Burrito Cheese Sauce Baby Carrots Ranch Dressing Mandarin Oranges	Corn Dog Baked Beans Mandarin Oranges	Chicken Leg Mashed Potatoes Country Gravy Mandarin Oranges	Breaded Mini Ravioli Marinara Sauce Tossed Salad Mandarin Oranges	TBA

WEST MIDDLE SCHOOL

	<u>03/28</u>	<u>03/29</u>	<u>03/30</u>	<u>03/31</u>	<u>04/01</u>
Lunch	Beef Bean Burrito Cheese Sauce Chicken Cheese Crispito Baby Carrots Ranch Dressing Mexi Beans Mandarin Oranges	Corn Dog Mac & Cheese Baked Beans Tossed Salad Ranch Dressing Mandarin Oranges	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mandarin Oranges	Breaded Mini Ravioli Marinara Sauce Pretzel Cheese Sauce California Blend Veggies Tossed Salad Mandarin Oranges	TBA

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