

EAST MID HIGH

	<u>03/07</u>	<u>03/08</u>	<u>03/09</u>	<u>03/10</u>	<u>03/11</u>
Lunch	Mini Corn Dogs Baked Beans Baby Carrots Ranch Dressing Fresh Fruit	Mac & Cheese BBQ Sandwich Tossed Salad Ranch Dressing Peas Jello Broccoli Fresh Fruit	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit	Tangerine Chicken Chicken, Teriyaki Tossed Salad Brown Rice Fresh Fruit	
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

ELEMENTARY SCHOOLS

	<u>03/07</u>	<u>03/08</u>	<u>03/09</u>	<u>03/10</u>	<u>03/11</u>
Lunch	Mini Corn Dogs Baked Beans Baby Carrots Ranch Dressing Blueberries, Fresh	Mac & Cheese Tossed Salad Baby Carrots Peas Ranch Dressing Jello Blueberries, Fresh	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Blueberries, Fresh	Breaded Mini Ravioli Marinara Sauce Tossed Salad California Blend Veggies Blueberries, Fresh	
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

PONCA CITY HIGH SCHOOL

	<u>03/07</u>	<u>03/08</u>	<u>03/09</u>	<u>03/10</u>	<u>03/11</u>
Retro	Chili/Cheese Dog French Fries Broccoli Grape Tomatoes 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 Tossed Salad Cheese, Slice, American Broccoli w/Cheese Sweet Potato Fries 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	
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	

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	
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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>03/07</u>	<u>03/08</u>	<u>03/09</u>	<u>03/10</u>	<u>03/11</u>
Lunch	Mini Corn Dogs Baked Beans Baby Carrots Ranch Dressing Blueberries, Fresh	Mac & Cheese Tossed Salad Peas Ranch Dressing Jello Blueberries, Fresh	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Blueberries, Fresh	Breaded Mini Ravioli Marinara Sauce Tossed Salad California Blend Veggies Blueberries, Fresh	Grilled Cheese Sandwich Baby Carrots Corn Grape Tomatoes Ranch Dressing Blueberries, Fresh
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					
Meals on Wheels	Mongolian Beef Rice, White Oriental Vegetables Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert	Chicken Patty Sandwich Cheese, Slice, American Broccoli w/Cheese Sweet Potato Fries Dessert	Fish Fillet Sauce, Tartar Corn Tossed Salad Dessert
Menus may change and are subject to availability.					

WASHINGTON PRE-K CENTER

	<u>03/07</u>	<u>03/08</u>	<u>03/09</u>	<u>03/10</u>	<u>03/11</u>
Lunch	Mini Corn Dogs Baked Beans Blueberries, Fresh	Mac & Cheese Tossed Salad Ranch Dressing Jello Blueberries, Fresh	Popcorn Smackers Mashed Potatoes Country Gravy Blueberries, Fresh	Cheese Enchilada Mexi Beans Blueberries, Fresh	

WEST MIDDLE SCHOOL

	<u>03/07</u>	<u>03/08</u>	<u>03/09</u>	<u>03/10</u>	<u>03/11</u>
Lunch	Mini Corn Dogs Baked Beans Baby Carrots Ranch Dressing Blueberries, Fresh	Mac & Cheese BBQ Sandwich Tossed Salad Ranch Dressing Baby Carrots Peas Jello Blueberries, Fresh	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Blueberries, Fresh	Cheese Enchilada Breaded Mini Ravioli Tossed Salad Mexi Beans Blueberries, Fresh	
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					