

EAST MID HIGH

	<u>04/18</u>	<u>04/19</u>	<u>04/20</u>	<u>04/21</u>	<u>04/22</u>
Lunch	Chili/Cheese Dog Steak Fingers Baked Beans Glazed Carrots Oven Fry Wedges Tossed Salad Ranch Dressing Fresh Fruit	Tangerine Chicken Mongolian Beef Brown Rice Tossed Salad Grape Tomatoes Broccoli w/Cheese Fresh Fruit	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit	Spaghetti Noodles Meatballs Sandwich, Meatball Marinara Sauce Tossed Salad Fresh Fruit	Pepperoni Pizza Wedge Pizza, Cheese Baby Carrots Ranch Dressing Tossed Salad Corn Fresh Fruit
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

ELEMENTARY SCHOOLS

	<u>04/18</u>	<u>04/19</u>	<u>04/20</u>	<u>04/21</u>	<u>04/22</u>
Lunch	Hot Dog Baked Beans Glazed Carrots Ranch Dressing Sun Chip Assortment Grapes, Fresh	Tangerine Chicken Beef Bean Burrito Brown Rice Grape Tomatoes Broccoli w/Cheese Grapes, Fresh	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Grapes, Fresh	Mini Corn Dogs Cheese Bites Marinara Sauce Mexi Beans Tossed Salad Grapes, Fresh	Pepperoni Pizza Wedge Baby Carrots Corn Ranch Dressing Grapes, Fresh
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

PONCA CITY HIGH SCHOOL

	<u>04/18</u>	<u>04/19</u>	<u>04/20</u>	<u>04/21</u>	<u>04/22</u>
Retro	Burrito, Assorted Tossed Salad Peas Glazed 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	Taco Burger Mexi Beans Glazed Carrots Tossed Salad Fresh Fruit	Pizza, Assorted Tossed Salad Grape Tomatoes 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>04/18</u>	<u>04/19</u>	<u>04/20</u>	<u>04/21</u>	<u>04/22</u>
Lunch		Tangerine Chicken Brown Rice Grape Tomatoes Broccoli w/Cheese Grapes, Fresh	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Grapes, Fresh	Mini Corn Dogs Marinara Sauce Mexi Beans Tossed Salad Grapes, Fresh	Pepperoni Pizza Wedge Baby Carrots Corn Ranch Dressing Grapes, Fresh
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Meals on Wheels	Burrito Tossed Salad Peas Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert	Taco Burger Mexi Beans Tossed Salad Dessert	Chicken Alfredo Garlic Bread Tossed Salad California Blend Veggies Dessert
Menus may change and are subject to availability.					

WASHINGTON PRE-K CENTER

	<u>04/18</u>	<u>04/19</u>	<u>04/20</u>	<u>04/21</u>	<u>04/22</u>
Lunch	Hot Dog Baked Beans Sun Chip Assortment Grapes, Fresh	Tangerine Chicken Brown Rice Broccoli Grapes, Fresh	Chicken Strip Mashed Potatoes Country Gravy Grapes, Fresh	Mini Corn Dogs Mexi Beans Grapes, Fresh	Pepperoni Pizza Wedge Corn Grapes, Fresh

WEST MIDDLE SCHOOL

	<u>04/18</u>	<u>04/19</u>	<u>04/20</u>	<u>04/21</u>	<u>04/22</u>
Lunch	Hot Dog Baked Beans Glazed Carrots Ranch Dressing Sun Chip Assortment Grapes, Fresh	Tangerine Chicken Beef Bean Burrito Brown Rice Grape Tomatoes Broccoli w/Cheese Grapes, Fresh	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Grapes, Fresh	Mini Corn Dogs Chicken Cheese Crispito Marinara Sauce Tossed Salad Grapes, Fresh	Pepperoni Pizza Wedge Baby Carrots Corn Ranch Dressing Grapes, Fresh
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					