

EAST MID HIGH

	<u>04/04</u>	<u>04/05</u>	<u>04/06</u>	<u>04/07</u>	<u>04/08</u>
Lunch	Hamburger Baked Beans Potato Smiles Broccoli w/Cheese Fresh Fruit	Frito Chili Pie Steak Fingers Tossed Salad Refried Beans Glazed Carrots Fresh Fruit	Chicken Strips Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit	Cheese Bites Chicken Wrap Tossed Salad Ranch Dressing Italian Vegetables Orange, Fresh Wedges Fresh Fruit	Pizza, Cheese Pepperoni Pizza Baby Carrots Tossed Salad Ranch Dressing Corn Fresh Fruit

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

ELEMENTARY SCHOOLS

	<u>04/04</u>	<u>04/05</u>	<u>04/06</u>	<u>04/07</u>	<u>04/08</u>
Lunch	Hamburger Baked Beans Potato Smiles Broccoli w/Cheese Orange, Fresh Wedges	Frito Chili Pie Steak Fingers Refried Beans Glazed Carrots Orange, Fresh Wedges	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Cheese Bites Corn Dog Marinara Sauce Tossed Salad Ranch Dressing Italian Vegetables Orange, Fresh Wedges	Pizza, Cheese Baby Carrots Ranch Dressing Corn Orange, Fresh Wedges

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PONCA CITY HIGH SCHOOL

	<u>04/04</u>	<u>04/05</u>	<u>04/06</u>	<u>04/07</u>	<u>04/08</u>
Retro	Cheese Enchilada Tossed Salad Mexi Beans 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	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	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>04/04</u>	<u>04/05</u>	<u>04/06</u>	<u>04/07</u>	<u>04/08</u>
Lunch	Hamburger Baked Beans Potato Smiles Broccoli w/Cheese Orange, Fresh Wedges	Steak Fingers Refried Beans Glazed Carrots Orange, Fresh Wedges	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Cheese Bites Marinara Sauce Tossed Salad Ranch Dressing Italian Vegetables Orange, Fresh Wedges	Pizza, Cheese Baby Carrots Ranch Dressing Corn Orange, Fresh Wedges

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Meals on Wheels	Cheese Enchilada Mexi Beans Glazed Carrots Corn Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert	Chicken Patty Sandwich Tossed Salad Cheese, Slice, American Sweet Potato Fries Dessert	Spaghetti Sauce w/ Meat California Blend Veggies Tossed Salad Dessert
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Menus may change and are subject to availability.

WASHINGTON PRE-K CENTER

	<u>02/07</u>	<u>02/08</u>	<u>02/09</u>	<u>02/10</u>	<u>02/11</u>
Lunch	Hamburger Sun Chip Assortment Broccoli w/Cheese Orange, Fresh Wedges	Steak Fingers Refried Beans Orange, Fresh Wedges	Popcorn Smackers Mashed Potatoes Country Gravy Orange, Fresh Wedges	Cheese Bites Marinara Sauce Tossed Salad Ranch Dressing Orange, Fresh Wedges	Pizza, Cheese Baby Carrots Ranch Dressing Corn Orange, Fresh Wedges

WEST MIDDLE SCHOOL

	<u>04/04</u>	<u>04/05</u>	<u>04/06</u>	<u>04/07</u>	<u>04/08</u>
Lunch	Hamburger Baked Beans Potato Smiles Broccoli w/Cheese Orange, Fresh Wedges	Frito Chili Pie Steak Fingers Refried Beans Glazed Carrots Orange, Fresh Wedges	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Cheese Bites Corn Dog Marinara Sauce Tossed Salad Ranch Dressing Italian Vegetables Orange, Fresh Wedges	Pizza, Cheese Baby Carrots Ranch Dressing Corn Orange, Fresh Wedges

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