

EAST MID HIGH

	<u>05/09</u>	<u>05/10</u>	<u>05/11</u>	<u>05/12</u>	<u>05/13</u>
Lunch	Hot Dog Glazed Carrots Potato Wedge Tossed Salad Ranch Dressing Fruit, Fresh Assorted	Mac & Cheese Crispitos, Chicken Chili Mexi Beans Broccoli w/Cheese Fruit, Fresh Assorted	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fruit, Fresh Assorted	Rib Patty Sandwich Chicken Quesadilla Tossed Salad Glazed Carrots Broccoli w/Cheese Fruit, Fresh Assorted	Pizza, Cheese Pepperoni Pizza Broccoli w/Cheese Grape Tomatoes Tossed Salad Fruit, Fresh Assorted

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

ELEMENTARY SCHOOLS

	<u>05/09</u>	<u>05/10</u>	<u>05/11</u>	<u>05/12</u>	<u>05/13</u>
Lunch	Hot Dog Baked Beans Glazed Carrots Tossed Salad Ranch Dressing Mixed Berry Frozen Cup	Mac & Cheese Beef Bean Burrito Mexi Beans Broccoli w/Cheese Mixed Berry Frozen Cup	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Berry Frozen Cup	Rib Patty Sandwich Breaded Mini Ravioli Marinara Sauce Tossed Salad Glazed Carrots Mixed Berry Frozen Cup	Pizza, Cheese Broccoli w/Cheese Grape Tomatoes Mixed Berry Frozen Cup

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

PONCA CITY HIGH SCHOOL

	<u>05/09</u>	<u>05/10</u>	<u>05/11</u>	<u>05/12</u>	<u>05/13</u>
Retro	Beef Bean Burrito Chili Broccoli w/Cheese Baby Carrots Tossed Salad Fresh Fruit	Hamburger Cheese, Slice, American Tossed Salad French Fries Baked Beans Fresh Fruit	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	Chicken Patty Sandwich Tossed Salad Oven Fry Wedges Fresh Fruit	Fish Fillet Grape Tomatoes Corn Tossed Salad Jello 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>05/09</u>	<u>05/10</u>	<u>05/11</u>	<u>05/12</u>	<u>05/13</u>
Lunch	Hot Dog Baked Beans Glazed Carrots Tossed Salad Ranch Dressing Mixed Berry Frozen Cup	Mac & Cheese Mexi Beans Broccoli w/Cheese Mixed Berry Frozen Cup	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Berry Frozen Cup	Rib Patty Sandwich Tossed Salad Glazed Carrots Mixed Berry Frozen Cup	Pizza, Cheese Broccoli w/Cheese Grape Tomatoes Mixed Berry Frozen Cup
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					
Meals on Wheels	Mongolian Beef Rice, White Broccoli Tossed Salad Fresh Fruit	Hamburger Cheese, Slice, American French Fries Baked Beans Fresh Fruit	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	Rib Patty Sandwich Tossed Salad Sunchip Assortment Oven Fry Wedges Fresh Fruit	Chicken Alfredo Tossed Salad Glazed Carrots Garlic Bread Fresh Fruit Jello
Menus may change and are subject to availability.					

WASHINGTON PRE-K CENTER

	<u>05/09</u>	<u>05/10</u>	<u>05/11</u>	<u>05/12</u>	<u>05/13</u>
Lunch	Hot Dog Baked Beans Sunchip Assortment Strawberries, Fresh	Mac & Cheese Peas Strawberries, Fresh	Chicken Leg Mashed Potatoes Country Gravy Strawberries, Fresh	Rib Patty Sandwich Tossed Salad Ranch Dressing Strawberries, Fresh	Pizza, Cheese Grape Tomatoes Ranch Dressing Strawberries, Fresh

WEST MIDDLE SCHOOL

	<u>05/09</u>	<u>05/10</u>	<u>05/11</u>	<u>05/12</u>	<u>05/13</u>
Lunch	Hot Dog Baked Beans Glazed Carrots Tossed Salad Ranch Dressing Mixed Berry Frozen Cup	Mac & Cheese Beef Bean Burrito Mexi Beans Broccoli w/Cheese Mixed Berry Frozen Cup	Chicken Leg Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Mixed Berry Frozen Cup	Rib Patty Sandwich Breaded Mini Ravioli Marinara Sauce Tossed Salad Glazed Carrots Mixed Berry Frozen Cup	Pizza, Cheese Broccoli w/Cheese Grape Tomatoes Mixed Berry Frozen Cup
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					