

## EAST MID HIGH

	<u>05/16</u>	<u>05/17</u>	<u>05/18</u>	<u>05/19</u>	<u>05/20</u>
<b>Lunch</b>	Hamburger Cheese, American Slice Baked Beans Potato Smiles Broccoli w/Cheese Fruit, Fresh Assorted	Frito Chili Pie Hot Dog Refried Beans Glazed Carrots Fruit, Fresh Assorted	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fruit, Fresh Assorted	Cheese Bites Chicken Wrap Marinara Sauce Tossed Salad Italian Vegetables Fruit, Fresh Assorted	Pizza, Cheese Pepperoni Pizza Baby Carrots Ranch Dressing Corn Fruit, Fresh Assorted
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

## ELEMENTARY SCHOOLS

	<u>05/16</u>	<u>05/17</u>	<u>05/18</u>	<u>05/19</u>	<u>05/20</u>
<b>Lunch</b>	Hamburger Cheese, American Slice Baked Beans Potato Smiles Broccoli w/Cheese Grapes, Fresh	Frito Chili Pie Steak Fingers Refried Beans Glazed Carrots Grapes, Fresh	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Grapes, Fresh	Corn Dog Cheese Bites Marinara Sauce Tossed Salad Italian Vegetables Grapes, Fresh	Pizza Pocket, Pepperoni Baby Carrots Ranch Dressing Corn Grapes, Fresh
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					

# PONCA CITY HIGH SCHOOL

	<u>05/16</u>	<u>05/17</u>	<u>05/18</u>	<u>05/19</u>	<u>05/20</u>
<b>Retro</b>	Cheese Enchilada Tossed Salad Glazed Carrots Fresh Fruit	Hamburger Cheese, Slice, American French Fries Tossed Salad Baked Beans Fresh Fruit	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	Chicken Patty Sandwich Tossed Salad Broccoli w/Cheese Sweet Potato Fries Fresh Fruit	Pizza, Assorted Tossed Salad Grape Tomatoes California Blend Veggies Fresh Fruit
<b>CHIX</b>	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
<b>My Way</b>	<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)**

<b>On the Fly</b>	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>05/16</u>	<u>05/17</u>	<u>05/18</u>	<u>05/19</u>	<u>05/20</u>
<b>Lunch</b>	Hamburger Cheese, American Slice Baked Beans Potato Smiles Broccoli w/Cheese Grapes, Fresh	Frito Chili Pie Refried Beans Glazed Carrots Grapes, Fresh	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Grapes, Fresh	Corn Dog Tossed Salad Italian Vegetables Grapes, Fresh	Pizza Pocket, Pepperoni Baby Carrots Ranch Dressing Corn Grapes, Fresh
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<b>Meals on Wheels</b>	Fresh Fruit	Hamburger Cheese, Slice, American French Fries Baked Beans Fresh Fruit	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	Fresh Fruit	Fresh Fruit
Menus may change and are subject to availability.					

## WASHINGTON PRE-K CENTER

	<u>05/16</u>	<u>05/17</u>	<u>05/18</u>	<u>05/19</u>	<u>05/20</u>
<b>Lunch</b>	Hamburger Cheese, American Slice Grapes, Fresh	Frito Chili Pie Refried Beans Grapes, Fresh	Popcorn Smackers Sunchip Assortment Grapes, Fresh	Corn Dog Tossed Salad Ranch Dressing Grapes, Fresh	Pizza Pocket, Pepperoni Baby Carrots Ranch Dressing Grapes, Fresh

## WEST MIDDLE SCHOOL

	<u>05/16</u>	<u>05/17</u>	<u>05/18</u>	<u>05/19</u>	<u>05/20</u>
<b>Lunch</b>	Hamburger Cheese, American Slice Baked Beans Potato Smiles Broccoli w/Cheese Grapes, Fresh	Frito Chili Pie Steak Fingers Refried Beans Glazed Carrots Grapes, Fresh	Popcorn Smackers Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Grapes, Fresh	Corn Dog Cheese Bites Marinara Sauce Tossed Salad Italian Vegetables Grapes, Fresh	Pizza Pocket, Pepperoni Baby Carrots Ranch Dressing Corn Grapes, Fresh
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					