

## EAST MID HIGH

	<u>05/02</u>	<u>05/03</u>	<u>05/04</u>	<u>05/05</u>	<u>05/06</u>
<b>Lunch</b>	Chicken Patty Sandwich Broccoli w/Cheese Baked Beans Fruit, Fresh Assorted	Nachos Meat & Cheese Taco Burger Mexi Beans Ranch Dressing Fruit, Fresh Assorted	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fruit, Fresh Assorted	Cheese Lasagna Pretzel Cheese Sauce Tossed Salad California Blend Veggies 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>05/02</u>	<u>05/03</u>	<u>05/04</u>	<u>05/05</u>	<u>05/06</u>
<b>Lunch</b>	Chicken Patty Sandwich Broccoli w/Cheese Baked Beans Apple Slices Pkg	Nachos Meat & Cheese Taco Burger Mexi Beans Tossed Salad Ranch Dressing Apple Slices Pkg	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apple Slices Pkg	Cheese Lasagna Pretzel Cheese Sauce Tossed Salad California Blend Veggies Apple Slices Pkg	Pizza Pocket, Pepperoni Baby Carrots Ranch Dressing Corn Apple Slices Pkg
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# PONCA CITY HIGH SCHOOL

	<u>05/02</u>	<u>05/03</u>	<u>05/04</u>	<u>05/05</u>	<u>05/06</u>
<b>Retro</b>	Chicken Quesadilla Refried Beans Tossed Salad Grape Tomatoes 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	Frito Chili Pie Cheese, Slice, American Grape Tomatoes Tossed Salad Broccoli Fresh Fruit	Pizza, Assorted Tossed Salad Cherry Tomatoes Broccoli 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>05/02</u>	<u>05/03</u>	<u>05/04</u>	<u>05/05</u>	<u>05/06</u>
<b>Lunch</b>	Chicken Patty Sandwich Broccoli w/Cheese Baked Beans Apple Slices Pkg	Nachos Meat & Cheese Mexi Beans Tossed Salad Ranch Dressing Apple Slices Pkg	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apple Slices Pkg	Cheese Lasagna Tossed Salad California Blend Veggies Apple Slices Pkg	Pizza Pocket, Pepperoni Baby Carrots Ranch Dressing Corn Apple Slices Pkg
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<b>Meals on Wheels</b>	Chicken, Teriyaki Egg Roll Veg Oriental Vegetables Rice, White Fresh Fruit	Hamburger Cheese, Slice, American French Fries Baked Beans Fresh Fruit	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	Frito Chili Pie Broccoli Tossed Salad Fresh Fruit	Spaghetti Noodles Meatballs Marinara Sauce Italian Vegetables Tossed Salad Fresh Fruit
Menus may change and are subject to availability.					

## WASHINGTON PRE-K CENTER

	<u>05/02</u>	<u>05/03</u>	<u>05/04</u>	<u>05/05</u>	<u>05/06</u>
<b>Lunch</b>	Chicken Patty Sandwich Broccoli w/Cheese Baked Beans Apple Slices Pkg	Nachos Meat & Cheese Mexi Beans Apple Slices Pkg	Chicken Strip Mashed Potatoes Country Gravy Apple Slices Pkg	Cheese Lasagna Tossed Salad Apple Slices Pkg	Pizza Pocket, Pepperoni Baby Carrots Ranch Dressing Apple Slices Pkg

## WEST MIDDLE SCHOOL

	<u>05/02</u>	<u>05/03</u>	<u>05/04</u>	<u>05/05</u>	<u>05/06</u>
<b>Lunch</b>	Chicken Patty Sandwich Broccoli w/Cheese Baked Beans Apple Slices Pkg	Nachos Meat & Cheese Taco Burger Mexi Beans Tossed Salad Ranch Dressing Apple Slices Pkg	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Apple Slices Pkg	Cheese Lasagna Pretzel Cheese Sauce Tossed Salad California Blend Veggies Apple Slices Pkg	Pizza Pocket, Pepperoni Baby Carrots Ranch Dressing Corn Apple Slices Pkg
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