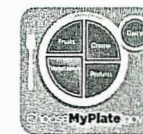


Mon	Tue	Wed	Thu	Fri
Ponca Menu				December 2017
				1 Chicken and Noodles Peas Roll Fruit and Veggie Bar
4 Hamburger French Fries Fruit and Veggie Bar	5 Chicken Fajita Spanish Rice Fruit and Veggie Bar	6 <u>Mrs Carnell's 5th Grade Choice</u> Mandarin Chicken Rice Roll Ice Cream Fruit and Veggie Bar	7 Enchilada Corn Cheez-it Crackers Fruit and Veggie Bar	8 Pork Fritter Masher/ Gravy Roll Fruit and Veggie Bar
11 Chicken Nuggets Mac-n-Cheese Roll Fruit and Veggie Bar	12 Cheese Pizza Chips Fruit and Veggie Bar	13 BBQ Rib Patty Cheesy Potatoes Roll Fruit and Veggie Bar	14 Chicken Patty Mashed Potatoes w/Gravy Roll Fruit and Veggie Bar	15 Goulash Garlic Sticks Fruit and Veggie Bar
18 French Toast Sticks Eggs OJ Fruit and Veggie Bar	19 BBQ Pork Sandwich Smiley Fries Fruit and Veggie Bar	20 Chicken Fries Scalloped Potatoes Roll Fruit and Veggie Bar	21 Corndog Chips Christmas Treat Fruit and Veggie Bar	22 -----
25 MERRY CHRISTMAS	Christmas Vacation			29 -----

What's Cooking? USDA Mixing Bowl



MyPlate
MyWins

What's Cooking? USDA Mixing Bowl is an online tool featuring a collection of healthy and budget-friendly recipes and resources. Visit this one-stop site to help you plan meals and menus inspired by the Dietary Guidelines for Americans and MyPlate.

Based on the
Dietary
Guidelines
for Americans