

# Ponca Menu January 2019



Mon	Tue	Wed	Thu	Fri
<p>USDA IS AN EQUAL OPPORTUNITY</p> <p>Milk Served with Meal</p> <p>Meals Subject to Change</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>
<p>7</p> <p>Corn Dog</p> <p>Baked Beans</p> <p>Fruit and Veggie Bar</p>	<p>8</p> <p>Chicken Fried Steak</p> <p>Mashed Potatoes w/Gravy Roll</p> <p>Fruit and Veggie Bar</p>	<p>9</p> <p>Chicken Fajita</p> <p>Spanish Rice</p> <p>Fruit and Veggie Bar</p>	<p>10</p> <p>Spaghetti</p> <p>Garlic Sticks</p> <p>Fruit and Veggie Bar</p>	<p>11</p> <p>Chicken and Biscuit</p> <p>Peas</p> <p>Fruit and Veggie Bar</p>
<p>14</p> <p>Quesadilla</p> <p>Corn</p> <p>Cheez-it Crackers</p> <p>Fruit and Veggie Bar</p>	<p>15</p> <p>Tater Tot Casserole</p> <p>Green Beans</p> <p>Roll</p> <p>Fruit and Veggie Bar</p>	<p>16</p> <p>Hamburger</p> <p>French Fries</p> <p>Fruit and Veggie Bar</p>	<p>17</p> <p>Ham Wrap</p> <p>Cheesy Potatoes</p> <p>Fruit and Veggie Bar</p>	<p>18</p> <p><b>Mr. Pfister's 6th Grade Choice</b></p> <p>Mac-n-Cheese</p> <p>Carrots</p> <p>Brownie</p> <p>Fruit and Veggie Bar</p>
<p>21</p> <p>Fiestada</p> <p>Mixed Veggie</p> <p>Fruit and Veggie Bar</p>	<p>22</p> <p>Chili</p> <p>Cinnamon Roll</p> <p>Fruit and Veggie Bar</p>	<p>23</p> <p>Mini Corn Dogs</p> <p>Corn</p> <p>Cookie</p> <p>Fruit and Veggie Bar</p>	<p>24</p> <p>Shrimp Poppers</p> <p>Cheesy Bread Sticks</p> <p>Fruit and Veggie Bar</p>	<p>25</p> <p>Chicken and Noodles</p> <p>Peas</p> <p>Roll</p> <p>Fruit and Veggie Bar</p>
<p>28</p> <p>Crispito</p> <p>Chili/ Cheese</p> <p>Rice Krispie Bar</p> <p>Fruit and Veggie Bar</p>	<p>29</p> <p>Burrito</p> <p>Chips and Cheese</p> <p>Fruit and Veggie Bar</p>	<p>30</p> <p>Tavern</p> <p>Smiley Fries</p> <p>Fruit and Veggie Bar</p>	<p>31</p> <p><b>Mr. Webb's 6th Grade Choice</b></p> <p>Chicken Potato Casserole</p> <p>Green Beans</p> <p>Roll</p> <p>Fruit and Veggie Bar</p>	