

DISTANCE LEARNING MENUS

	<u>09/16</u>	<u>09/17</u>	<u>09/18</u>	<u>09/19</u>	<u>09/20</u>
East Breakfast		Egg Patty Sausage Patty/Link Toast -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Pancake Sausage on a Stick -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Biscuits and Gravy -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Croissant Breakfast Sandwich -Or- Muffin, Assortment Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait

EAST MID HIGH

	<u>09/16</u>	<u>09/17</u>	<u>09/18</u>	<u>09/19</u>	<u>09/20</u>
Lunch		Frito Chili Pie Chicken Tamale Mexi Beans Glazed Carrots Tossed Salad Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Fresh Fruit	Cheese Bites Breaded Mini Ravioli Marinara Sauce Tossed Salad Grape Tomatoes	Pizza, Pepperoni Cheese Pizza Corn Broccoli Fresh Fruit

Menus may change and are subject to availability.
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!

ELEMENTARY SCHOOLS

	<u>09/16</u>	<u>09/17</u>	<u>09/18</u>	<u>09/19</u>	<u>09/20</u>
Breakfast		French Toast Stix -Or- Cereal, Variety Bowl Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	Cereal, Variety Bowl -Or- Donuts, Mini Chocolate Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	Biscuits and Gravy -Or- Cereal, Variety Bowl Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	Chocolate Chip Bar -Or- Cereal, Variety Bowl Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack
Lunch		Frito Chili Pie Corn Dog Glazed Carrots Mexi Beans Pears	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Pears	Cheese Lasagna Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Pears	Pepperoni Pizza Broccoli w/Cheese Corn Pears

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PONCA CITY HIGH SCHOOL

	<u>09/16</u>	<u>09/17</u>	<u>09/18</u>	<u>09/19</u>	<u>09/20</u>
Bowls Italian and Asian		Asian RICE BOWLS Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS PHO Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection
Bowls Mexican and American		Build Your Own Taco Bowl Nachos Meat & Cheese	Build Your Own Taco Bowl Nachos Meat & Cheese	Build Your Own Taco Bowl Nachos Meat & Cheese	Build Your Own Taco Bowl Nachos Meat & Cheese
CHIX Lunch		Popcorn Smackers Hamburger French Fries Dinner Roll Assorted Fresh Fruit	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Assorted Fresh Fruit	Buffalo Chicken Chunks Steak Fingers French Fries Dinner Roll Assorted Fresh Fruit	Popcorn Smackers Dinner Roll Assorted Fresh Fruit
Eat Muchos Tacos		Chicken Quesadilla Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit	Taco Bar BYO Stuffed Burrito Tostado Street Taco Chicken Day Mexi Beans Mexi Rice Fresh Fruit	Taco Burger Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit	Enchilada, Beef Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit

PONCA CITY HIGH SCHOOL (CONTINUED)

On the FLY	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
	Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad
	Salad, Ham Garden	Salad, Ham Garden	Salad, Ham Garden	Salad, Ham Garden
	Chicken Salad	Chicken Salad	Chicken Salad	Chicken Salad
	Spinach Salad w/Berries	Spinach Salad w/Berries	Spinach Salad w/Berries	Spinach Salad w/Berries
	Chicken Wrap	Chicken Wrap	Chicken Wrap	Chicken Wrap
	Combo Sub	Combo Sub	Combo Sub	Combo Sub
	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit

On the FLY is a Grab and Go line featuring FRESH menu items.
Other items including milk, fruit, vegetable, and grains will be offered as part of the meal.

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ST. MARY'S

	<u>09/16</u>	<u>09/17</u>	<u>09/18</u>	<u>09/19</u>	<u>09/20</u>
Lunch	TBA	TBA	TBA	TBA	TBA

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Meals on Wheels	Spaghetti & Meatballs	Chicken Tamale	Chicken Strips	BBQ Sandwich	Salisbury Steak
	Tossed Salad	Mexi Beans	Green Beans	French Fries	Brown Gravy
	Vegetable Selection	Glazed Carrots	Mashed Potatoes	Baked Beans	Mashed Potatoes
	Bread Stick	Dessert	Country Gravy	Fresh Tossed Salad	Vegetable Selection
	Dessert		Dinner Roll	Dessert	Dessert
			Dessert		

WASHINGTON PRE-K CENTER

	<u>09/16</u>	<u>09/17</u>	<u>09/18</u>	<u>09/19</u>	<u>09/20</u>
Lunch		Corn Dog Mexi Beans Pears	Chicken Strip Mashed Potatoes Pears	Cheese Bites Marinara Sauce Tossed Salad Pears	Pepperoni Pizza Broccoli w/Cheese Pears

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WEST MIDDLE SCHOOL

	<u>09/16</u>	<u>09/17</u>	<u>09/18</u>	<u>09/19</u>	<u>09/20</u>
Breakfast		French Toast Stix -Or- Cereal, Variety Bowl Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	Cereal, Variety Bowl -Or- Donuts, Mini Chocolate Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	Biscuits and Gravy -Or- Cereal, Variety Bowl Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	Maple Waffle -Or- Cereal, Variety Bowl Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack
Lunch		Frito Chili Pie Corn Dog Glazed Carrots Mexi Beans Pears	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Pears	Cheese Lasagna Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Pears	Pepperoni Pizza Broccoli w/Cheese Corn Pears

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