

## DISTANCE LEARNING MENUS

	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>
<b>East Breakfast</b>	Breakfast Burrito Cereal, Rte Bowl Variety Wg -Or- Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	TBA	TBA	TBA	TBA

## EAST MID HIGH

	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>
<b>Lunch</b>	Rib Patty Sandwich Baked Beans Sweet Potato Fries Tossed Salad Fresh Fruit	Cheese Enchilada Chicken Tamale Refried Beans Tossed Salad Mexi Rice Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Fresh Fruit	Meat & Cheese Nachos Corn Dog Mixed Vegetables Tossed Salad Fresh Fruit	Pizza, Pepperoni Pizza, Cheese Broccoli Corn Fresh Fruit
<b>Meals on Wheels</b>	Spaghetti & Meatballs California Blend Veggies Dinner Roll Dessert	Chicken Enchilada Refried Beans Mexi Rice Tossed Salad Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	BBQ Sandwich French Fries Baked Beans Fresh Tossed Salad Dessert	Chicken Parmesan Broccoli Garlic Bread Dessert

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

## ELEMENTARY SCHOOLS

	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>
<b>Breakfast</b>	Cereal, Variety Bowl -Or- Pastries Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	Biscuit/Sausage/Cheese -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
<b>Lunch</b>	Rib Patty Sandwich Baked Beans Potato Smiles Baby Carrots Peaches, Sliced	Cheese Enchilada Grilled Cheese Refried Beans Mexi Rice Tossed Salad Orange, Fresh Wedges	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Orange, Fresh Wedges	Hot Dog Cheese Nachos Mixed Vegetables Tossed Salad Orange, Fresh Wedges	Cheese Pizza Glazed Carrots Corn Orange, Fresh Wedges

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

# PONCA CITY HIGH SCHOOL

	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>
<b>Bowls Italian and Asian</b>	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS PHO Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection
<b>Bowls Mexican and American</b>	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	Build Your Own Taco Bowl Nachos Meat & Cheese
<b>CHIX Lunch</b>	Chicken Wings Chicken Patty Sandwich Dinner Roll French Fries Assorted Fresh Fruit	Popcorn Smackers 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
<b>Eat Muchos Tacos</b>	Chicken Tamale Taco Bar BYO Stuffed Burrito Tostado Street Taco Mexi Beans Mexi Rice Fresh Fruit	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)**

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

We offer Assorted Salads, Sandiwches, 100% Juice, and Milk Every Day!!  
Menus may change and are subject to availability.

**WASHINGTON PRE-K CENTER**

	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>
<b>Lunch</b>	Rib Patty Sandwich Baked Beans Peaches, Sliced	Grilled Cheese Tossed Salad Orange, Fresh Wedges	Chicken Strip Mashed Potatoes Country Gravy Orange, Fresh Wedges	Hot Dog Mixed Vegetables Orange, Fresh Wedges	Cheese Pizza Corn Orange, Fresh Wedges

Menus may change and are subject to availability.

## WEST MIDDLE SCHOOL

	<u>09/30</u>	<u>10/01</u>	<u>10/02</u>	<u>10/03</u>	<u>10/04</u>
<b>Breakfast</b>	Cereal, Variety Bowl -Or- Pastries Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	TBA	TBA	TBA	TBA
<b>Lunch</b>	Rib Patty Sandwich Baked Beans Potato Smiles Baby Carrots Peaches, Sliced	Cheese Enchilada Grilled Cheese Refried Beans Mexi Rice Tossed Salad Baby Carrots Peaches, Sliced	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Orange, Fresh Wedges Peaches, Sliced	Hot Dog Cheese Nachos Mixed Vegetables Tossed Salad Peaches, Sliced	Cheese Pizza Glazed Carrots Corn Orange, Fresh Wedges

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