

DISTANCE LEARNING MENUS

| | <u>09/02</u> | <u>09/03</u> | <u>09/04</u> | <u>09/05</u> | <u>09/06</u> |
|---------------------------|--------------|---|--|--|--|
| East Breakfast | | Egg Patty Sausage Patty/Link Hash Brown Patty -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait | Pancakes -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 | Breakfast Pizza -Or- Muffin, Assortment Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait |

EAST MID HIGH

| | <u>09/02</u> | <u>09/03</u> | <u>09/04</u> | <u>09/05</u> | <u>09/06</u> |
|--------------|--------------|---|---|--|--|
| Lunch | | 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 |

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

ELEMENTARY SCHOOLS

| | <u>09/02</u> | <u>09/03</u> | <u>09/04</u> | <u>09/05</u> | <u>09/06</u> |
|------------------|--------------|---|--|---|---|
| Breakfast | | Pancake Sausage on a Stick -Or- Cereal, Variety Bowl Pastries Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack | Donuts, Mini Chocolate -Or- Cereal, Variety, Bowl 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 | | Cheese Enchilada Grilled Cheese Refried Beans Mexi Rice Tossed Salad Peaches, Sliced | Chicken Strip Green Beans Mashed Potatoes Dinner Roll Peaches, Sliced | Hot Dog Cheese Nachos Mixed Vegetables Tossed Salad Peaches, Sliced | Cheese Pizza Glazed Carrots Corn Peaches, Sliced |

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PONCA CITY HIGH SCHOOL

| | <u>09/02</u> | <u>09/03</u> | <u>09/04</u> | <u>09/05</u> | <u>09/06</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 BBQ Beef Sandiwch 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.

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

ST. MARY'S

| | | | | | |
|--------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| | <u>09/02</u> | <u>09/03</u> | <u>09/04</u> | <u>09/05</u> | <u>09/06</u> |
| Lunch | | TBA | TBA | TBA | TBA |

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| | | | | |
|------------------------|------------------|-----------------|--------------------|---------------------|
| Meals on Wheels | Cheese Enchilada | Chicken Strips | BBQ Sandiwch | Salisbury Steak |
| | Tossed Salad | Green Beans | French Fries | Brown Gravy |
| | Mexi Rice | Mashed Potatoes | Baked Beans | Mashed Potatoes |
| | Refried Beans | Country Gravy | Fresh Tossed Salad | Vegetable Selection |
| | Dessert | Dinner Roll | Dessert | Dinner Roll |
| | | Dessert | | Dessert |

WASHINGTON PRE-K CENTER

| | | | | | |
|--------------|---------------------|---|---|--|---|
| | <u>09/02</u> | <u>09/03</u> | <u>09/04</u> | <u>09/05</u> | <u>09/06</u> |
| Lunch | | Cheese Enchilada Tossed Salad Baby Carrots Peaches, Sliced | Chicken Strip Mashed Potatoes Peaches, Sliced | Hot Dog Mixed Vegetables Peaches, Sliced | Cheese Pizza Corn Peaches, Sliced |

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WEST MIDDLE SCHOOL

| | <u>09/02</u> | <u>09/03</u> | <u>09/04</u> | <u>09/05</u> | <u>09/06</u> |
|--------------|--------------|---|---|---|---|
| Lunch | | Cheese Enchilada Grilled Cheese Refried Beans Mexi Rice Tossed Salad Peaches, Sliced | Chicken Strip Green Beans Mashed Potatoes Dinner Roll Peaches, Sliced | Hot Dog Cheese Nachos Mixed Vegetables Tossed Salad Peaches, Sliced | Cheese Pizza Glazed Carrots Corn Peaches, Sliced |

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