

## EAST MID HIGH

	<u>10/14</u>	<u>10/15</u>	<u>10/16</u>	<u>10/17</u>	<u>10/18</u>
<b>Breakfast</b>	Scrambled Eggs Bacon Toast -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Biscuit/Egg/ Cheese/Sausage -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
<b>Lunch</b>		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 Marinara Sauce Fish Sticks Tossed Salad Grape Tomatoes	Pizza, Pepperoni Cheese Pizza Corn Broccoli Fresh Fruit
<b>Meals on Wheels</b>		Chicken Tamale Mexi Beans Glazed Carrots Tossed Salad Dessert	Chicken Strip Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Stuffed Green Pepper Vegetable Selection Dinner Roll Dessert	Chicken Fried Chicken Mashed Potatoes Vegetable Selection Dessert

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

## ELEMENTARY SCHOOLS

	<u>10/14</u>	<u>10/15</u>	<u>10/16</u>	<u>10/17</u>	<u>10/18</u>
<b>Breakfast</b>		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	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 Pastries 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 Pastries Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack
<b>Lunch</b>		Frito Chili Pie Corn Dog Glazed Carrots Mexi Beans Mandarin Oranges	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Mandarin Oranges	Fish Sandwich Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Mandarin Oranges	Pepperoni Pizza Broccoli w/Cheese Corn Mandarin Oranges

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# PONCA CITY HIGH SCHOOL

	<u>10/14</u>	<u>10/15</u>	<u>10/16</u>	<u>10/17</u>	<u>10/18</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	Build it! Mexi Mac & Cheese 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 Fish Tacos 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
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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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**WASHINGTON PRE-K CENTER**

	<u>10/14</u>	<u>10/15</u>	<u>10/16</u>	<u>10/17</u>	<u>10/18</u>
<b>Lunch</b>		Frito Chili Pie Glazed Carrots Mexi Beans Mandarin Oranges	Chicken Strip Mashed Potatoes Country Gravy Mandarin Oranges	Fish Sandwich Tossed Salad Mandarin Oranges	Pepperoni Pizza Broccoli w/Cheese Mandarin Oranges

Menus may change and are subject to availability.

## WEST MIDDLE SCHOOL

	<u>10/14</u>	<u>10/15</u>	<u>10/16</u>	<u>10/17</u>	<u>10/18</u>
<b>Breakfast</b>		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	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 Pastries Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	Waffle -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
<b>Lunch</b>		Frito Chili Pie Corn Dog Glazed Carrots Mexi Beans Mandarin Oranges	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Mandarin Oranges	Fish Sandwich Cheese Bites Marinara Sauce Italian Vegetables Tossed Salad Mandarin Oranges	Pepperoni Pizza Broccoli w/Cheese Corn Mandarin Oranges

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