

## EAST MID HIGH

	<u>10/21</u>	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>
<b>Breakfast</b>	Biscuit/Egg/ Cheese/Sausage -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Omelette/Cheese Toast Tater Tots -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Breakfast Pizza -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 Casserole, Sausage -Or- Muffin, Assortment Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait
<b>Lunch</b>	Chicken Patty Sandwich Mexi Beans Sweet Potato Fries Tossed Salad	Bean Burrito Soft Taco Grape Tomatoes Tossed Salad Refried Beans Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Fresh Fruit	Steak Fingers BBQ Sandwich Tossed Salad Cheesy Potatoes Fresh Fruit	Pizza Pocket, Pepperoni Chicken Wrap Glazed Carrots Corn Fresh Fruit
<b>Meals on Wheels</b>	Chicken Patty Sandwich Sweet Potato Fries Mexi Beans Dessert	Salisbury Steak Brown Gravy Mashed Potatoes Vegetable Selection Dinner Roll Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll	Steak Fingers Country Gravy Cheesy Potatoes Tossed Salad Dessert	Stuffed Green Pepper Vegetable Selection Dinner Roll Dessert

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

## ELEMENTARY SCHOOLS

	<u>10/21</u>	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</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	Breakfast Pizza -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	Cinnamon Toast -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	Maple 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>	Chicken Patty Sandwich Baby Carrots Mexi Beans Potato Smiles Apple Slices Pkg	Soft Taco Beef Burrito Refried Beans Mexi Rice Tossed Salad Grape Tomatoes Apple Slices Pkg	Chicken Nuggets Green Beans Dinner Roll Mashed Potatoes Apple Slices Pkg	BBQ Sandwich Mini Corn Dogs Scalloped Potatoes Sunchip Assortment Tossed Salad Grape Tomatoes Apple Slices Pkg	Pizza Pocket, Pepperoni Broccoli Corn Apple Slices Pkg

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

# PONCA CITY HIGH SCHOOL

	<u>10/21</u>	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</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
-------------------	--	--	--	--	--

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, Sandwiches, 100% Juice, and Milk Every Day!!  
Menus may change and are subject to availability.

**WASHINGTON PRE-K CENTER**

	<u>10/21</u>	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>
<b>Lunch</b>	Chicken Patty Sandwich Mexi Beans Apple Slices Pkg	Soft Taco Tossed Salad Refried Beans Apple Slices Pkg	Chicken Nuggets Mashed Potatoes Country Gravy Apple Slices Pkg	Mini Corn Dogs Tossed Salad Apple Slices Pkg	Pizza Pocket, Pepperoni Corn Apple Slices Pkg

Menus may change and are subject to availability.

## WEST MIDDLE SCHOOL

	<u>10/21</u>	<u>10/22</u>	<u>10/23</u>	<u>10/24</u>	<u>10/25</u>
<b>Breakfast</b>	Scrambled Eggs Sausage Patty/Link Biscuit -Or- Cereal, Variety Bowl -Or- Pastries Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	Breakfast Pizza -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	Cinnamon Toast -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>	Chicken Patty Sandwich Baby Carrots Mexi Beans Potato Smiles Apple Slices Pkg	Soft Taco Beef Burrito Kace's Tossed Salad Refried Beans Mexi Rice Grape Tomatoes Apple Slices Pkg	Chicken Nuggets Green Beans Dinner Roll Mashed Potatoes Apple Slices Pkg	BBQ Sandwich Mini Corn Dogs Scalloped Potatoes Sunchip Assortment Tossed Salad Grape Tomatoes Apple Slices Pkg	Pizza Pocket, Pepperoni Broccoli Corn Apple Slices Pkg

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