

EAST MID HIGH

	<u>10/07</u>	<u>10/08</u>	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>
Breakfast	Breakfast Burrito -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Cinnamon Roll -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Biscuit/Sausage/ Cheese -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	Cereal, Rte Bowl Variety Wg Muffin, Assortment Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait
Lunch	Hamburger Cheese, Slice, American Baked Beans Baby Carrots Fresh Fruit	Mac & Cheese Bread Stick Crispy Taco Peas Tossed Salad Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Fresh Fruit	Tangerine Chicken Korean Meatballs Brown Rice Tossed Salad Grape Tomatoes Fresh Fruit	
Meals on Wheels	Hamburger Oven Fry Wedges Baked Beans Dessert	Beef Stroganoff Mashed Potatoes Brown Gravy Dinner Roll Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Tangerine Chicken Rice, White Broccoli Dessert	

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

ELEMENTARY SCHOOLS

	<u>10/07</u>	<u>10/08</u>	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>
Breakfast	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 Burrito -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	Cinnamon Rolls -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	Hamburger Cheese, Slice, American Potato Smiles Baked Beans Baby Carrots Applesauce, Sweetened	Mac & Cheese Cheese Ravioli Garlic Bread Bean Salad Tossed Salad Applesauce, Sweetened	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Applesauce, Sweetened	Tangerine Chicken Bean Burrito Brown Rice Tossed Salad Grape Tomatoes Applesauce, Sweetened	

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PONCA CITY HIGH SCHOOL

	<u>10/07</u>	<u>10/08</u>	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>
Bowls Italian and Asian	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	
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	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	
Eat Muchos Tacos	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	

PONCA CITY HIGH SCHOOL (CONTINUED)

On the FLY	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	
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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.

We offer Assorted Salads, Sandiwches, 100% Juice, and Milk Every Day!!
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WASHINGTON PRE-K CENTER

	<u>10/07</u>	<u>10/08</u>	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>
Lunch	Hamburger Cheese, Slice, American Potato Smiles Applesauce, Sweetened	Cheese Ravioli Bean Salad Applesauce, Sweetened	Popcorn Chicken Mashed Potatoes Country Gravy Applesauce, Sweetened	Tangerine Chicken Brown Rice Tossed Salad Applesauce, Sweetened	

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WEST MIDDLE SCHOOL

	<u>10/07</u>	<u>10/08</u>	<u>10/09</u>	<u>10/10</u>	<u>10/11</u>
Breakfast	Scrambled Eggs Sausage Patty/Link -Or- 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 Burrito Hash Brown Patty -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 Rolls -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	
Lunch	Hamburger Cheese, Slice, American Potato Smiles Baked Beans Baby Carrots Applesauce, Sweetened	Mac & Cheese Cheese Ravioli Garlic Bread Bean Salad Tossed Salad Applesauce, Sweetened	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Applesauce, Sweetened	Tangerine Chicken Bean Burrito Brown Rice Tossed Salad Grape Tomatoes Applesauce, Sweetened	

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