

EAST MID HIGH

	<u>11/18</u>	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>
Breakfast	Breakfast Taco Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Cinnamon Roll Pancake Sausage on a Stick Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Biscuit/Sausage/ Cheese Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Biscuits and Gravy Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Breakfast Casserole, Ham Breakfast Casserole, Sausage Muffin, Assortment Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait
Lunch	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
Meals on Wheels	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	Turkey & Dressing Mashed Potatoes Turkey Gravy Green Beans Dinner Roll Pumpkin Pie	Stuffed Green Pepper Rice, White 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>11/18</u>	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</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 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	Maple Waffle -Or- Cereal, Variety Bowl Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack

A choice of fruits and calcium-rich milk are offered at breakfast every day.

Lunch	Chicken Patty Sandwich Baby Carrots Mexi Beans Potato Smiles Apple Slices Pkg	Crispy 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 Steak Fingers Scalloped Potatoes Sunchip Assortment Tossed Salad Grape Tomatoes Apple Slices Pkg	Pizza Pocket, Pepperoni Broccoli Corn Apple Slices Pkg
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PONCA CITY HIGH SCHOOL

	<u>11/18</u>	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>
Breakfast	Biscuits and Gravy -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Croissant Breakfast Sandwich -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Biscuit Scrambled Eggs Sausage Patty/Link -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	French Toast Stix -Or- Muffin Assortment Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait
A choice of fruits and calcium-rich milk are offered at breakfast every day.					
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	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	Build Your Own Taco Bowl Nachos Meat & Cheese
CHIX Lunch	Chicken Wings Chicken Patty Sandwich Dinner Roll French Fries Assorted Fresh Fruit	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 Dinner Roll French Fries Assorted Fresh Fruit	Popcorn Smackers BBQ Beef Sandwich 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	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 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.

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

	<u>11/18</u>	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>
Lunch	Chicken Patty Sandwich Baby Carrots Apple Slices Pkg	Beef Burrito Refried Beans Apple Slices Pkg	Chicken Nuggets Mashed Potatoes Apple Slices Pkg	Chicken Leg Dressing, Cornbread Turkey Gravy Green Beans Apple Slices Pkg	Pizza Pocket, Pepperoni Corn Apple Slices Pkg

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WEST MIDDLE SCHOOL

	<u>11/18</u>	<u>11/19</u>	<u>11/20</u>	<u>11/21</u>	<u>11/22</u>
Breakfast	Scrambled Eggs Sausage Patty/Link Biscuit, Buttermilk Wg 2Oz -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	Breakfast Burrito/ Los Cabos -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	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

A choice of fruits and calcium-rich milk are offered at breakfast every day.

Lunch	Chicken Patty Sandwich Chicken Wrap Baby Carrots Mexi Beans Potato Smiles Apple Slices Pkg	Crispy Taco Beef Burrito Tossed Salad Mexi Rice Refried Beans Grape Tomatoes Apple Slices Pkg	Chicken Nuggets Green Beans Dinner Roll Mashed Potatoes Apple Slices Pkg	BBQ Sandwich Steak Fingers Scalloped Potatoes Sunchip Assortment Tossed Salad Grape Tomatoes Apple Slices Pkg	Pizza Pocket, Pepperoni Broccoli Corn Apple Slices Pkg
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