

EAST MID HIGH

	<u>11/04</u>	<u>11/05</u>	<u>11/06</u>	<u>11/07</u>	<u>11/08</u>
Breakfast	Cinnamon Toast Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Egg Patty Sausage Patty/Link Toast Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Pancake Sausage on a Stick 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	Hamburger Cheese, Slice, American French Fries 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	Pizza Pocket, Pepperoni Chicken Wrap Glazed Carrots Corn Fresh Fruit
Meals on Wheels	Chicken Alfredo Broccoli Garlic Bread Dessert	Beef Stroganoff Scalloped Potatoes Dinner Roll Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Tangerine Chicken Rice, White Broccoli Dessert	Chicken Fried Chicken Country Gravy Vegetable Selection Mashed Potatoes Dessert

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

ELEMENTARY SCHOOLS

	<u>11/04</u>	<u>11/05</u>	<u>11/06</u>	<u>11/07</u>	<u>11/08</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 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	Beef Burrito Mac & Cheese Bread Stick Bean Salad Tossed Salad Applesauce, Sweetened	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Applesauce, Sweetened	Tangerine Chicken Chicken Leg Brown Rice Tossed Salad Grape Tomatoes Applesauce, Sweetened	Fiesta Pizza Glazed Carrots Corn Applesauce, Sweetened

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PONCA CITY HIGH SCHOOL

	<u>11/04</u>	<u>11/05</u>	<u>11/06</u>	<u>11/07</u>	<u>11/08</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	-Or- Muffin Assortment Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait
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>11/04</u>	<u>11/05</u>	<u>11/06</u>	<u>11/07</u>	<u>11/08</u>
Lunch	Hamburger Cheese, Slice, American Potato Smiles Applesauce, Unswt Cinnamon	Mac & Cheese Tossed Salad Applesauce, Unswt Cinnamon	Popcorn Chicken Mashed Potatoes Applesauce, Unswt Cinnamon	Steak Fingers Tossed Salad Applesauce, Unswt Cinnamon	Fiesta Pizza Corn Applesauce, Unswt Cinnamon

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WEST MIDDLE SCHOOL

	<u>11/04</u>	<u>11/05</u>	<u>11/06</u>	<u>11/07</u>	<u>11/08</u>
Breakfast	Breakfast Pizza -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	Biscuit/Egg & Cheese -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
Lunch	Chicken Wrap 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 Chicken Leg Brown Rice Tossed Salad Grape Tomatoes Applesauce, Sweetened	Fiesta Pizza Glazed Carrots Corn Applesauce, Sweetened

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