	EAST MID HIGH						
	12/09	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	12/13		
Breakfast	Biscuit/Egg/ Cheese/Sausage Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Omelette/Cheese Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Breakfast Pizza 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 Potato Smiles Baked Beans Baby Carrots Applesauce, Sweetened	Mac & Cheese Bean/Cheese Burrito Bean Salad Tossed Salad Applesauce, Sweetened	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Applesauce, Sweetened	Tangerine Chicken Chicke Leg Brown Rice Tossed Salad Grape Tomatoes Applesauce, Sweetened	Fiesta Pizza Glazed Carrots Corn Applesauce, Sweetened		
Meals on Wheels	Spaghetti & Meatballs California Blend Veggies Dinner Roll Dessert	Beef Stroganoff Mashed Potatoes Brown Gravy Dinner Roll Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Tangerine Chicken Egg Roll Rice, White Broccoli Dessert	Meat Loaf Vegetable Selection Mashed Potatoes Dessert		

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

	<u>12/09</u>	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	<u>12/13</u>
Breakfast	Cereal, Variety	Breakfast Burrito	Cereal, Variety	Cinnamon Rolls	Maple Waffle
	Bowl	-Or-	Bowl	-Or-	-Or-
	-Or-	Cereal, Variety	-Or-	Cereal, Variety	Cereal, Variety
	Pastries	Bowl	Donuts, Mini	Bowl	Bowl
	Juice, 100%	Pastries	Chocolate	Pastries	Pastries
	Assortment	Juice, 100%	Juice, 100%	Juice, 100%	Juice, 100%
	Applesauce Cup	Assortment	Assortment	Assortment	Assortment
	Cinnamon 4.5Oz	Applesauce Cup	Applesauce Cup	Applesauce Cup	Applesauce Cup
	Milk, 1% Lowfat	Cinnamon 4.5Oz	Cinnamon 4.5Oz	Cinnamon 4.5Oz	Cinnamon 4.50
	H	Milk, 1% Lowfat	Milk, 1% Lowfat	Milk, 1% Lowfat	Milk, 1% Lowf
	Milk, Choc Non	Н	H	Н	H
	Fat	Milk, Choc Non	Milk, Choc Non Fat	Milk, Choc Non	Milk, Choc Nor
	Raisins, Azar Power Snack	Fat		Fat	Fat
	Power Snack	Raisins, Azar	Raisins, Azar Power Snack	Raisins, Azar	Raisins, Azar
		Power Snack	1 Ower Strack	Power Snack	Power Snack
	A choice of frui	ts and calcium-rich r	nilk are offered at br	eakfast every day.	
Lunch	Hamburger	Mac & Cheese	Popcorn Chicken	Tangerine Chicken	Fiesta Pizza
	Cheese, Slice,	Bean/Cheese	Mashed Potatoes	Chicke Leg	Glazed Carrots
	American	Burrito	Green Beans	Brown Rice	Corn
	Potato Smiles	Bean Salad	Dinner Roll	Tossed Salad	Applesauce
	Baked Beans	Tossed Salad	Applesauce	Grape Tomatoes	
	Baby Carrots	Applesauce		Applesauce	
	Applesauce				

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

PONCA CITY HIGH SCHOOL					
	12/09	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	12/13
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	Pancakes -Or- Muffin Assortmen Cereal, Rte Bowl Variety Wg Poptart, Wg Sing Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait
	A choice of fruit	s and calcium-rich m	ilk are offered at bre	akfast 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 Bow 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
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

	<u>PON</u>	NCA CITY HIGH SO	CHOOL (CONTINU	UED)	
Taco &	Chicken Tamale	Chicken	Taco Bar	Build it! Mexi Mac	Enchilada, Beef
Nacho Bowl	Taco Bar	Quesadilla	BYO Stuffed	& Cheese	Taco Bar
	BYO Stuffed	Taco Bar	Burrito	Taco Bar	BYO Stuffed
	Burrito	BYO Stuffed	Tostado	BYO Stuffed	Burrito
	Tostado	Burrito	Street Taco	Burrito	Tostado
	Street Taco	Tostado	Chicken Day	Tostado	Street Taco
	Mexi Beans	Street Taco	Mexi Beans	Street Taco	Mexi Beans
	Mexi Rice	Mexi Beans	Mexi Rice	Mexi Beans	Mexi Rice
	Fresh Fruit	Mexi Rice	Fresh Fruit	Mexi Rice	Fresh Fruit
		Fresh Fruit		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						
	12/09	12/10	12/11	12/12	12/13	
Lunch	Hamburger Cheese, Slice, American Potato Smiles Applesauce	Mac & Cheese Tossed Salad Applesauce	Popcorn Chicken Mashed Potatoes Applesauce	Chicke Leg Green Beans Applesauce	Fiesta Pizza Corn Applesauce	
	Menus may change and are subject to availability.					

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	12/09	<u>12/10</u>	<u>12/11</u>	12/12	12/13
Breakfast	Scrambled Eggs	Breakfast Pizza	Cereal, Variety	Cinnamon Toast	Chocolate Chip
	Sausage Patty/Link	-Or-	Bowl	-Or-	Bar
	Biscuit, Buttermilk	Cereal, Variety	-Or-	Cereal, Variety	-Or-
	Wg 2Oz	Bowl	Donuts, Mini	Bowl	Cereal, Variety
	-Or-	Pastries	Chocolate	Pastries	Bowl
	Cereal, Variety	Juice, 100%	Juice, 100%	Juice, 100%	Pastries
	Bowl	Assortment	Assortment	Assortment	Juice, 100%
	-Or-	Applesauce Cup	Applesauce Cup	Applesauce Cup	Assortment
	Pastries	Cinnamon 4.5Oz	Cinnamon 4.5Oz	Cinnamon 4.5Oz	Applesauce Cup
	Juice, 100%	Milk, 1% Lowfat	Milk, 1% Lowfat H	Milk, 1% Lowfat	Cinnamon 4.50
	Assortment	H		Н	Milk, 1% Lowfa
	Applesauce Cup	Milk, Choc Non	Milk, Choc Non Fat	Milk, Choc Non	
	Cinnamon 4.5Oz	Fat	Raisins, Azar	Fat	Milk, Choc Nor Fat
	Milk, 1% Lowfat	Raisins, Azar Power Snack	Power Snack	Raisins, Azar Power Snack	Raisins, Azar
	H	rowel SlidCk		rowel Slidck	Power Snack
	Milk, Choc Non Fat				1 ower onder
	Raisins, Azar Power Snack				
	A choice of fruit	s and calcium-rich r	nilk are offered at bro	eakfast every day.	
Lunch	Hamburger	Mac & Cheese	Popcorn Chicken	Tangerine Chicken	Fiesta Pizza
	Cheese, Slice,	Bean/Cheese	Mashed Potatoes	Chicke Leg	Glazed Carrots
	American	Burrito	Green Beans	Brown Rice	Corn
	Chicken Wrap	Bean Salad	Dinner Roll	Tossed Salad	Applesauce,
	Potato Smiles	Tossed Salad	Applesauce,	Grape Tomatoes	Sweetened
	Baked Beans	Applesauce,	Sweetened	Applesauce,	
	Baby Carrots	Sweetened		Sweetened	
	Applesauce, Sweetened				

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