

EAST MID HIGH

	<u>12/09</u>	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	<u>12/13</u>
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!!

ELEMENTARY SCHOOLS

	<u>12/09</u>	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	<u>12/13</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

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

Lunch	Hamburger Cheese, Slice, American Potato Smiles Baked Beans Baby Carrots Applesauce	Mac & Cheese Bean/Cheese Burrito Bean Salad Tossed Salad Applesauce	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Applesauce	Tangerine Chicken Chicke Leg Brown Rice Tossed Salad Grape Tomatoes Applesauce	Fiesta Pizza Glazed Carrots Corn Applesauce
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PONCA CITY HIGH SCHOOL

	<u>12/09</u>	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	<u>12/13</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	Pancakes -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
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

PONCA CITY HIGH SCHOOL (CONTINUED)

Taco & Nacho Bowl	Chicken Tamale	Chicken	Taco Bar	Build it! Mexi Mac & Cheese	Enchilada, Beef
	Taco Bar	Quesadilla	BYO Stuffed	Taco Bar	Taco Bar
	BYO Stuffed	Taco Bar	Burrito	BYO Stuffed	BYO Stuffed
	Burrito	BYO Stuffed	Tostado	Burrito	Burrito
	Tostado	Burrito	Street Taco	Tostado	Tostado
	Street Taco	Tostado	Chicken Day	Street Taco	Street Taco
	Mexi Beans	Street Taco	Mexi Beans	Mexi Beans	Mexi Beans
	Mexi Rice	Mexi Beans	Mexi Rice	Mexi Rice	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

	<u>12/09</u>	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	<u>12/13</u>
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.

WEST MIDDLE SCHOOL

	<u>12/09</u>	<u>12/10</u>	<u>12/11</u>	<u>12/12</u>	<u>12/13</u>
Breakfast	Scrambled Eggs Sausage Patty/Link Biscuit, Buttermilk Wg 2Oz -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 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

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

Lunch	Hamburger Cheese, Slice, American Chicken Wrap 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
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