

## EAST MID HIGH

	<u>12/16</u>	<u>12/17</u>	<u>12/18</u>	<u>12/19</u>	<u>12/20</u>
<b>Breakfast</b>	Breakfast Taco 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	French Toast Stix Muffin, Assortment Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait
<b>Lunch</b>	Hamburger Cheese, Slice, American Baked Beans Potato Smiles Baby Carrots Peaches, Sliced	Frito Chili Pie Corn Dog Glazed Carrots Mexi Beans Peaches, Sliced	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Peaches, Sliced	Spaghetti & Meat Sauce Cheese Bites Marinara Sauce Garlic Bread Mixed Vegetables Tossed Salad Peaches, Sliced	Pepperoni Pizza Broccoli w/Cheese Corn Peaches, Sliced
<b>Meals on Wheels</b>	Chicken Alfredo Broccoli Garlic Bread Dessert	Chicken Tamale Mexi Beans Glazed Carrots Tossed Salad Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Stuffed Green Pepper Vegetable Selection Dinner Roll Dessert	Chicken Fried Chicken Mashed Potatoes Vegetable Selection Dessert

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

## ELEMENTARY SCHOOLS

	<u>12/16</u>	<u>12/17</u>	<u>12/18</u>	<u>12/19</u>	<u>12/20</u>
<b>Breakfast</b>	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/Sausage/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	Biscuits and Gravy -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.

<b>Lunch</b>	Hamburger Cheese, Slice, American Baked Beans Potato Smiles Baby Carrots Peaches, Sliced	Frito Chili Pie Corn Dog Glazed Carrots Mexi Beans Peaches, Sliced	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Peaches, Sliced	Spaghetti & Meat Sauce Cheese Bites Marinara Sauce Garlic Bread Mixed Vegetables Tossed Salad Peaches, Sliced	Pepperoni Pizza Broccoli w/Cheese Corn Peaches, Sliced
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Menus may change and are subject to availability.  
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!

# PONCA CITY HIGH SCHOOL

	<u>12/16</u>	<u>12/17</u>	<u>12/18</u>	<u>12/19</u>	<u>12/20</u>
<b>Breakfast</b>	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	Breakfast Casserole, Ham Breakfast Casserole, Sausage -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.					
<b>Bowls Italian and Asian</b>	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
<b>Bowls Mexican and American</b>	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
<b>On the FLY</b>	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)**

<b>Taco &amp; Nacho Bowl</b>	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 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**

	<u>12/16</u>	<u>12/17</u>	<u>12/18</u>	<u>12/19</u>	<u>12/20</u>
<b>Lunch</b>	Hamburger Cheese, Slice, American Potato Smiles Diced Peaches	Frito Chili Pie Glazed Carrots Diced Peaches	Chicken Strip Mashed Potatoes Diced Peaches	Spaghetti & Meat Sauce Green Beans Diced Peaches	Pepperoni Pizza Broccoli w/Cheese Diced Peaches

Menus may change and are subject to availability.

## WEST MIDDLE SCHOOL

	<u>12/16</u>	<u>12/17</u>	<u>12/18</u>	<u>12/19</u>	<u>12/20</u>
<b>Breakfast</b>	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	French Toast Stix -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	Biscuits and Gravy -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	Waffle -Or- Cereal, Variety Bowl -Or- Choloate Chip Bar 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.

<b>Lunch</b>	Hamburger Cheese, Slice, American Baked Beans Potato Smiles Baby Carrots Peaches, Sliced	Frito Chili Pie Corn Dog Glazed Carrots Mexi Beans Peaches, Sliced	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Peaches, Sliced	Spaghetti & Meat Sauce Cheese Bites Marinara Sauce Garlic Bread Mixed Vegetables Tossed Salad Peaches, Sliced	Pepperoni Pizza Broccoli w/Cheese Corn Peaches, Sliced
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We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!