

EAST MID HIGH

	<u>12/02</u>	<u>12/03</u>	<u>12/04</u>	<u>12/05</u>	<u>12/06</u>
Breakfast	Cinnamon Toast Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Scrambled Eggs 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 Pizza Muffin, Assortment Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait
Lunch	Rib Patty Sandwich Potato Smiles Baby Carrots Baked Beans Dried Pineapple	Cheese Enchilada Bread Stick Meat & Cheese Nachos Refried Beans Tossed Salad Dried Pineapple	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Dried Pineapple	Hot Dog Grilled Cheese Mixed Vegetables Tossed Salad Dried Pineapple	Pepperoni Pizza Glazed Carrots Corn Dried Pineapple
Meals on Wheels	Hamburger Cheese, American Slice Oven Fry Wedges Baked Beans Dessert	Chicken Enchilada Refried Beans Mexi Rice Tossed Salad Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	BBQ Sandwich French Fries Baked Beans Fresh Tossed Salad Dessert	Salisbury Steak Brown Gravy Mashed Potatoes 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>12/02</u>	<u>12/03</u>	<u>12/04</u>	<u>12/05</u>	<u>12/06</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	Pancake Sausage on a Stick -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 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	Rib Patty Sandwich Potato Smiles Baby Carrots Baked Beans Dried Pineapple	Cheese Enchilada Meat & Cheese Nachos Refried Beans Tossed Salad Dried Pineapple	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Dried Pineapple	Hot Dog Grilled Cheese Mixed Vegetables Tossed Salad Dried Pineapple	Pepperoni Pizza Glazed Carrots Corn Dried Pineapple
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PONCA CITY HIGH SCHOOL

	<u>12/02</u>	<u>12/03</u>	<u>12/04</u>	<u>12/05</u>	<u>12/06</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
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

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
Taco & Nacho Bowl	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

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>12/02</u>	<u>12/03</u>	<u>12/04</u>	<u>12/05</u>	<u>12/06</u>
Lunch	Rib Patty Sandwich Potato Smiles Dried Pineapple	Cheese Enchilada Refried Beans Dried Pineapple	Chicken Strip Mashed Potatoes Dried Pineapple	Hot Dog Green Beans Dried Pineapple	Pepperoni Pizza Glazed Carrots Dried Pineapple

Menus may change and are subject to availability.

WEST MIDDLE SCHOOL

	<u>12/02</u>	<u>12/03</u>	<u>12/04</u>	<u>12/05</u>	<u>12/06</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	Pancake Sausage on a Stick -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 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	Rib Patty Sandwich Chicken Wrap Potato Smiles Baby Carrots Baked Beans Dried Pineapple	Cheese Enchilada Bread Stick Meat & Cheese Nachos Refried Beans Tossed Salad Dried Pineapple	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Dried Pineapple	Hot Dog Chili/Cheese Dog Mixed Vegetables Tossed Salad Dried Pineapple	Pepperoni Pizza Glazed Carrots Corn Dried Pineapple
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