EAST MID HIGH						
	12/02	<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 Sing 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!!

	<u>12/02</u>	<u>12/03</u>	<u>12/04</u>	<u>12/05</u>	<u>12/06</u>
Breakfast	Cereal, Variety	Pancake Sausage	Cereal, Variety	Biscuits and Gravy	Chocolate Chip
	Bowl	on a Stick	Bowl	-Or-	Bar
	-Or-	-Or-	-Or-	Cereal, Variety	-Or-
	Pastries	Cereal, Variety	Donuts, Mini	Bowl	Cereal, Variety
	Juice, 100%	Bowl	Chocolate	Pastries	Bowl
	Assortment	Pastries	Juice, 100%	Juice, 100%	Pastries
	Applesauce Cup	Juice, 100%	Assortment	Assortment	Juice, 100%
	Cinnamon 4.5Oz	Assortment	Applesauce Cup	Applesauce Cup	Assortment
	Milk, 1% Lowfat	Applesauce Cup	Cinnamon 4.5Oz	Cinnamon 4.5Oz	Applesauce Cup
	Н	Cinnamon 4.5Oz	Milk, 1% Lowfat	Milk, 1% Lowfat	Cinnamon 4.5O
	Milk, Choc Non	Milk, 1% Lowfat	H	H	Milk, 1% Lowfa
	Fat	Н	Milk, Choc Non	Milk, Choc Non	H
	Raisins, Azar	Milk, Choc Non	Fat	Fat	Milk, Choc Non
	Power Snack	Fat	Raisins, Azar	Raisins, Azar	Fat
		Raisins, Azar	Power Snack	Power Snack	Raisins, Azar
		Power Snack			Power Snack
	A choice of frui	ts and calcium-rich r	nilk are offered at br	eakfast every day.	
Lunch	Rib Patty	Cheese Enchilada	Chicken Strip	Hot Dog	Pepperoni Pizza
	Sandwich	Meat & Cheese	Green Beans	Grilled Cheese	Glazed Carrots
	Potato Smiles	Nachos	Mashed Potatoes	Mixed Vegetables	Corn
	Baby Carrots	Refried Beans	Dinner Roll	Tossed Salad	Dried Pineapple
	Baked Beans	Tossed Salad	Dried Pineapple	Dried Pineapple	
	Dried Pineapple	Dried Pineapple	l rr	F F -	

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

PONCA CITY HIGH SCHOOL						
	<u>12/02</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 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 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	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza		
	Crispy Chicken Salad	Fish Tacos Crispy Chicken	Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad		
	Salad, Ham Garden	Salad Salad, Ham	Salad, Ham Garden	Salad, Ham Garden	Salad, Ham Garden		
	Chicken Salad	Garden	Chicken Salad	Chicken Salad	Chicken Salad		
	Spinach Salad w/Berries	Chicken Salad Spinach Salad	Spinach Salad w/Berries	Spinach Salad w/Berries	Spinach Salad w/Berries		
	Chicken Wrap	w/Berries	Chicken Wrap	Chicken Wrap	Chicken Wrap		
	Combo Sub	Chicken Wrap	Combo Sub	Combo Sub	Combo Sub		
	Assorted Fresh Fruit	Combo Sub Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit		
Taco & Nacho Bowl	Chicken Tamale Taco Bar	Chicken Quesadilla	Taco Bar BYO Stuffed	Build it! Mexi Mac & Cheese	Enchilada, Beef 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						
	12/02	12/03	12/04	12/05	12/06	
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						
	12/02	12/03	12/04	<u>12/05</u>	<u>12/06</u>	
Breakfast	Cereal, Variety Bowl	Pancake Sausage on a Stick	Cereal, Variety Bowl	Biscuits and Gravy -Or-	Waffle -Or-	
	-Or- Pastries Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	-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	-Or- Donuts, Mini Chocolate Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	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 Pastries Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack	
	A choice of frui		pilk are offered at br	palefact overweday		
Lunch	Rib Patty Sandwich Chicken Wrap Potato Smiles Baby Carrots Baked Beans Dried Pineapple	ts and calcium-rich r 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	
	Menus may change and are subject to availability. We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!					