

DISTANCE LEARNING MENUS

	<u>09/09</u>	<u>09/10</u>	<u>09/11</u>	<u>09/12</u>	<u>09/13</u>
East Breakfast	Biscuit/Egg/ Cheese/Sausage -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Omelette/Cheese -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Breakfast Pizza -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	French Toast Stix -Or- Muffin, Assortment Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait

EAST MID HIGH

	<u>09/09</u>	<u>09/10</u>	<u>09/11</u>	<u>09/12</u>	<u>09/13</u>
Lunch	Hamburger Cheese, Slice, American Baked Beans Baby Carrots Fresh Fruit	Mac & Cheese Bread Stick Crispy Taco Peas Tossed Salad Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Fresh Fruit	Tangerine Chicken Korean Meatballs Brown Rice Tossed Salad Grape Tomatoes Fresh Fruit	Pizza Pocket, Pepperoni Chicken Wrap Glazed Carrots Corn Fresh Fruit

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

ELEMENTARY SCHOOLS

	<u>09/09</u>	<u>09/10</u>	<u>09/11</u>	<u>09/12</u>	<u>09/13</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 Pizza -Or- Cereal, Variety Bowl 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 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 Juice, 100% Assortment Applesauce Cup Cinnamon 4.5Oz Milk, 1% Lowfat H Milk, Choc Non Fat Raisins, Azar Power Snack
Lunch	Hamburger Cheese, Slice, American Potato Smiles Baked Beans Baby Carrots Orange, Fresh Wedges	Mac & Cheese Bread Stick Ravioli Mini Cheese Garlic Bread Bean Salad Tossed Salad Orange, Fresh Wedges	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Orange, Fresh Wedges	Tangerine Chicken Bean Burrito Brown Rice Tossed Salad Grape Tomatoes Orange, Fresh Wedges	Fiesta Pizza Glazed Carrots Corn Orange, Fresh Wedges

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PONCA CITY HIGH SCHOOL

	<u>09/09</u>	<u>09/10</u>	<u>09/11</u>	<u>09/12</u>	<u>09/13</u>
Bowls Italian and Asian	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS Fried Rice Vegetable Selection	Italian Pasta Bowl Vegetable Selection	Asian RICE BOWLS PHO 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 French Fries Dinner Roll Assorted Fresh Fruit	Popcorn Smackers Dinner Roll Assorted Fresh Fruit
Eat Muchos Tacos	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	Taco Burger 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

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 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
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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, Sandiwches, 100% Juice, and Milk Every Day!!
Menus may change and are subject to availability.

ST. MARY'S

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

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Meals on Wheels	Hamburger French Fries Ranch Beans Dessert	Beef Stroganoff Brown Rice Vegetable Selection Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	Chicken, Teriyaki Egg Roll Brown Rice Broccoli Dessert	Chicken Fried Steak Country Gravy Vegetable Selection Mashed Potatoes Dessert
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WASHINGTON PRE-K CENTER

	<u>09/09</u>	<u>09/10</u>	<u>09/11</u>	<u>09/12</u>	<u>09/13</u>
Lunch	Hamburger Cheese, Slice, American Potato Smiles Orange, Fresh Wedges	Mac & Cheese Bean Salad Orange, Fresh Wedges	Popcorn Chicken Mashed Potatoes Orange, Fresh Wedges	Tangerine Chicken Brown Rice Tossed Salad Orange, Fresh Wedges	Fiesta Pizza Glazed Carrots Orange, Fresh Wedges

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WEST MIDDLE SCHOOL

	<u>09/09</u>	<u>09/10</u>	<u>09/11</u>	<u>09/12</u>	<u>09/13</u>
Breakfast	Scrambled Eggs Sausage Patty/Link Biscuit -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 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 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
Lunch	Hamburger Cheese, Slice, American Potato Smiles Baked Beans Baby Carrots Orange, Fresh Wedges	Mac & Cheese Ravioli Mini Cheese Garlic Bread Bean Salad Tossed Salad Orange, Fresh Wedges	Popcorn Chicken Mashed Potatoes Green Beans Dinner Roll Orange, Fresh Wedges	Tangerine Chicken Bean Burrito Brown Rice Tossed Salad Grape Tomatoes Orange, Fresh Wedges	Fiesta Pizza Glazed Carrots Corn Orange, Fresh Wedges

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We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!