

EAST MID HIGH

	<u>10/28</u>	<u>10/29</u>	<u>10/30</u>	<u>10/31</u>	<u>11/01</u>
Breakfast	Breakfast Burrito -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Biscuit/Egg/ Cheese/Sausage -Or- Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait	Pancake Sausage on a Stick -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	TBA -Or- Muffin, Assortment Cereal, Rte Bowl Variety Wg Poptart, Wg Single Assorted Donuts, Superbakery PBJ Yogurt Fruit Granola Parfait
Lunch	Rib Patty Sandwich Baked Beans Sweet Potato Fries Tossed Salad Fresh Fruit	Cheese Enchilada Chicken Tamale Refried Beans Tossed Salad Mexi Rice Fresh Fruit	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Fresh Fruit	Meat & Cheese Nachos Corn Dog Mixed Vegetables Tossed Salad Fresh Fruit	Pizza, Pepperoni Pizza, Cheese Broccoli Corn Fresh Fruit
Meals on Wheels	Spaghetti & Meatballs California Blend Veggies Dinner Roll Dessert	Chicken Enchilada Refried Beans Mexi Rice Tossed Saald Dessert	Chicken Strips Green Beans Mashed Potatoes Country Gravy Dinner Roll Dessert	BBQ Sandwich French Fries Baked Beans Fresh Tossed Salad Dessert	Meat Loaf 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>10/28</u>	<u>10/29</u>	<u>10/30</u>	<u>10/31</u>	<u>11/01</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	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	TBA -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	Rib Patty Sandwich Baked Beans Potato Smiles Baby Carrots Dried Pineapple	Meat & Cheese Nachos Cheese Enchilada Refried Beans Mexi Rice Tossed Salad Dried Pineapple	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Dried Pineapple	Hot Dog Grilled Cheese Mixed Vegetables Tossed Salad Rosati Ice	Cheese Pizza Glazed Carrots Corn Dried Pineapple

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PONCA CITY HIGH SCHOOL

	<u>10/28</u>	<u>10/29</u>	<u>10/30</u>	<u>10/31</u>	<u>11/01</u>
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 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	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

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
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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, Sandwiches, 100% Juice, and Milk Every Day!!
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WASHINGTON PRE-K CENTER

	<u>10/28</u>	<u>10/29</u>	<u>10/30</u>	<u>10/31</u>	<u>11/01</u>
Lunch	Rib Patty Sandwich Potato Smiles Dried Pineapple	Meat & Cheese Nachos Refried Beans Dried Pineapple	Chicken Strip Mashed Potatoes Country Gravy Dried Pineapple	PBJ Mixed Vegetables Rosati Ice	Cheese Pizza Glazed Carrots Dried Pineapple

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WEST MIDDLE SCHOOL

	<u>10/28</u>	<u>10/29</u>	<u>10/30</u>	<u>10/31</u>	<u>11/01</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	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	TBA -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	Rib Patty Sandwich Baked Beans Potato Smiles Baby Carrots Dried Pineapple	Cheese Enchilada Meat & Cheese Nachos Refried Beans Mexi Rice Tossed Salad Dried Pineapple	Chicken Strip Green Beans Mashed Potatoes Dinner Roll Dried Pineapple	Grilled Cheese Hot Dog Mixed Vegetables Tossed Salad Rosati Ice	Cheese Pizza Glazed Carrots Corn Orange, Fresh Wedges

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