

Cold Charter Menus December 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted Cereal (Cups, Bowls, or Bars w/ cheddar Cheese Stick) 100% Apple Juice (½ cup fruit) CH F 0010 ½ c. SS Pear Cup CH F 0029 Assorted Milk	Bagel w/ Cream Cheese (2g) CH D 0001/ CH C 0001 Cheese Stick E 0210, E 0211 100% Orange Juice (½ c. fruit) CH F 0011 ½ c. Mixed Fruit Cup CH F 0031 Assorted Milk	Assorted Greek Yogurt Cups w/ Assorted Granola Packs (Chocolate or Cinnamon) (2g) 100% Orange Juice (½ c. cup fruit) CH F 0011 2oz. Apple Slices CH F 0004 Assorted Milk	Banana Bread Slice (2g) CH D 0030 100% Apple Juice (½ c. fruit) CH F 0010 Banana (½ c. fruit) CH F 0022 Assorted Milk	Double Chocolate Chip Muffin or Blueberry Muffin Top (1g) CH E 0034B/ CH E 0021 Cheese Stick(1g) E 0210, E 0211 Assorted Juice (½ c. fruit) CHF 0010, CH F 0011 ½ c. Applesauce Cup CH F 0009 Assorted Milk
W2	3 WG Peanut Butter & Jelly Uncrustable Box (2M, 2G) CH E 0054L ¾ c. Broccoli Dippers w/ Ranch Dressing (½ c. green) – ES/MS CH B 0022 1 c. Broccoli Dippers w/ Ranch Dressing (½ c. green) – HS CH B 0235 SS Mixed Fruit Cup (½ c. fruit) CH F 0031 Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	4 Popcorn Chicken Salad w/WG Goldfish Crackers (2M/MA, 2G, ¾ - 1c. other veg, ½ c. red/orange) CH E 0179L - ES CH E 0130L -HS/MS Emoji Cherry Lime Ice Cup (½ c. fruit juice) CH F 0072 Strawberry Cup (½ c. fruit) CH F 0027 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	5 Turkey & Cheese Pirwhheel Box w/ fruit of the day (2M, 2G, ½ c. apples, ½ c. red/orange, ½ c. other) CH E 0483L Garden Side Salad (½ c. other, ½ c. red/orange) CH B 0055 Grape Escape (½ c. fruit) F 0021 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	6 Chef Salad w/ Hard Boiled Egg (2M, ½ c. other, ½ c. red/orange) CH E 0476L - ES /CH D 0069 (2M, 1c. other, ½ c. red/orange) - CH E 0475L -HS/MS; CH D 0069/ CH D 0007 WG Goldfish Pretzels (1g) – ES/MS WG Pretzels & Dinner Roll (2g) – HS 1c. Corn & Black Bean Salsa (½ c. starchy, ½ c. legume) CH B 0036 Pineapple Tidbits CH F 0034 Frozen Peach Cup CH F 0026 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	7 Turkey & American Sub (2M, 2G) CH E 0172L WG Despicable Me Grahams (1g) CH D 0202 – HS Only Cucumber Dippers w/ Ranch (½ c. other) CH B 0013 Vegetable Dippers w/ Ranch (½ c. other, ½ c. red/orange) CH B 0056 Apple Slices (½ c. fruit) CH F 0004 Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CHF 0010 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
W3	10 WG Peanut Butter Dipper Plate (2M, 1G) CH E 0176L - ES (2M, 2G) CH E 0158L – MS/HS Broccoli Dippers w/ Ranch Dressing (½ c. green) CH B 0022 Carrot Dippers w/ Ranch (½ c. red/orange) CH B 0005 Mixed Fruit (½ c. fruit)	11 Chicken Taco Salad (2M, 2G, ½ c. other, ½ c. red/orange) CH E 0201L – ES/MS (2M, 2G, 1c. other, ½ c. red/orange) CH E 0200L - HS Salsa Cup (½ c. red/orange) CH B 0105 Welch's White Grape Or Concord Berry Cool Tropic Rips (½ c. juice) CH F 0059/CH F 0054	12 Grilled Chicken Breast Salad (2.5M/MA, ½ c. other) CH E 0467L – ES (2.5M/MA, 1.c. other) CH E 0469L – MS/HS Corn Tortilla Chips (2G) CH D 0074 Cucumber Dippers w/ Hummus (½ c. other) CH B 0232 Grape Escape (½ c. fruit) CH F 0021 Applesauce (½ c. fruit) CH F 0007	13 – Holiday Meal Turkey Ham & American Sub (2M, 2G) CH E 0171L Lettuce & Tomato Cup CH B 0053 (½ c. other, ½ c. tomatoes) Coleslaw (½ c. other) CH B 0050 Holiday Cookie CH D 0080 Apple Slices (½ c. fruit)	14 WG Chicken Fajita Wrap (2M, 2G) CH E 0077L 1c. Corn & Black Bean Salsa (½ c. starchy, ½ c. legume) Orange Wedges (½ c. fruit) CH F 0020 Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010

10/26/2018 9:53 AM In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider. De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizadas o financiadas por el USDA. Las personas con discapacidades que necesitan medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitan los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Reclamación] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas. Para presentar una denuncia de discriminación, complete el [Formulario de Denuncia de Discriminación del Programa del USDA](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) que está disponible en línea en http://www.ascr.usda.gov/complaint_filing_cust.html y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA, o bien escriba una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por correo: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; fax: (202) 690-7442; o correo electrónico: program.intake@usda.gov. Esta institución es un proveedor que ofrece igualdad de oportunidades.

Cold Charter Menus December 2018

	17	18	19	20	21
	<ul style="list-style-type: none"> CH F 0031 Apple Slices (½ c. fruit) CH F 0004 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004 	<ul style="list-style-type: none"> Strawberry Cup (½c. fruit) CH F 0027 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004 	<ul style="list-style-type: none"> Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004 	<ul style="list-style-type: none"> CH F 0004 Frozen Mixed Berry Cup (½ c. fruit) CH F-0073 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004 	<ul style="list-style-type: none"> Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
W4	<ul style="list-style-type: none"> PBJ Uncrustable Sandwich w/ Cheese Stick (2M, 1G) CH E 0053L/ CH E 0211 - ES CH E 0152L – MS/HS (2M,2G) Carrot Dippers w/ Ranch (1 c. red/orange) CH B 0006 Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010 Apple Sauce Cup (½ c.) CH F 0007 	<ul style="list-style-type: none"> Chicken Cesar Wrap (2M, 2G) CH E 0157L Garden Side Salad CH B 0055 (½ c. other, ½ c. red/orange) Garbanzo Bean Salad (½ c. legume) CH B 0100 SS Mixed Fruit Cup (½ c. fruit) CH F 0031 Apple Slices (½ c. fruit) CH F 0004 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004 	<ul style="list-style-type: none"> Turkey & American on WG Croissant (2M, 2G) CH E 0312L Broccoli Dippers w/ Ranch (½ c. green) CH B 0022 Lettuce & Tomato Cup (½ c. other, ½ c. red/orange) CH B 0053 Frozen Peaches (½ c. fruit) CH F 0026 Emoji Cherry Lime Ice Cup (½ c. juice) CH F 0072 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004 	<ul style="list-style-type: none"> Chicken Tender Salad (2M, 1G, ½ c. other, ½ c. red/orange) w/ Dinner Roll (1G) CH E 0487L - ES/MS CH D 0007 (2M, 1G, 1c. other, ½ c. red/orange) CH E 0486L – HS HS – Add Goldfish Pretzels with Dinner Roll (2G) CH D 0069/CH D 0007 Corn Salsa (½ c. Starch) CH B 0122 Pineapple Tidbits (½ c.) CH F 0034 Tangerine (½ c. fruit) CH F 0045 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004 	<ul style="list-style-type: none"> Holiday
W1	24 – Off	25- Off	26- Off	27- Off	28- Off
W2	31 – Off	1- Off	2- Off	3- Off	4- Off

* Assorted Milk includes 1% Low-fat White Milk, Fat-Free Flavored Milk Varieties, and Skim White Milk*
 ES – Elementary, MS – Middle School, HS – High School: All menus must provide ⅓ c. -1 c. vegetables daily. HS menus must provide both fruit options.

10/26/2018 9:53 AM In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_form) (AD-3027) found online at: http://www.ascr.usda.gov/complaint_form and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider. De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA), por sus siglas en inglés, se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizadas o financiadas por el USDA. Las personas con discapacidades que necesitan medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service (Servicio Federal de Transmisión) al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas. Para presentar una denuncia de discriminación, complete el [Formulario de Denuncia de Discriminación del Programa del USDA](http://www.ascr.usda.gov/complaint_form) (AD-3027) que está disponible en línea en: http://www.ascr.usda.gov/complaint_form o envíe una carta dirigida al USDA, o bien escriba una carta dirigida al formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por: correo: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; fax: (202) 690-7442; o correo electrónico: program.intake@usda.gov. Esta institución es un proveedor que ofrece igualdad de oportunidades.