

OCPS Cold Charter School Breakfast & Lunch Menu September 2019

An assortment of milk is offered daily to include 1% low-fat white milk, and flavored skim varieties. One juice per meal on featured days.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Banana Bread (2G) CH D 0030 100% Fruit Juice Blend (½ c. juice) CH F 0012 Applesauce Cup (½ c. fruit) CH F 0007 Assorted Milk	Yogurt Parfait <u>or</u> Yogurt Cup w/ Granola (1G) CH E 0029/ CH E 0026/CH E 0038/CH E 0022/CH E 0381/D 0068/D 0066 100% Orange Juice (½ c. juice) CH F 0011 ½ c. Frozen Peaches <u>or</u> Strawberries CH F 0026/CH F 0027 Assorted Milk	Assorted Cereal (Cups, Bowls, or Bars w/ cheddar Cheese Stick) E 0211, E 0210 (2G) D 0052, D 0051, D 0222, D 0032, D 0056, D 0058, D 0060, D 0022, D 0023 100% Fruit Juice Blend (½ cup fruit juice) CH F 0012 Banana (½ c. fruit) CH F 0022 Assorted Milk	Bagel w/ Cream Cheese (2G) CH D 0001/ CH C 0001 100% Orange Juice (½ c. fruit) CH F 0011 Apple Slices (½ c. fruit) CH F 0004 Assorted Milk	Double Chocolate Chip Muffin or Blueberry Muffin Top (1G) CH E 0334B/ CH E 0021 Cheese Stick(1G) CH E 0210, CH E 0211 100% Apple Juice (½ c. juice) CH F 0010 ½ c. Mixed Fruit CH F 0031 Assorted Milk
	9	10	11	12	13
W1	Peanut Butter Grape Jelly Uncrustable Sandwich Box CH E 0054L 6 th – 8 th – offer (2M, 2G) CH E 0159L Broccoli Dippers w/ Ranch Dressing (½ c. green) CH B 0022 Carrot Dippers w/ Ranch (½ c. red/orange) CH B 0005 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	Chicken Taco Salad (2M, 2G, ½ c. other, ¼ c. red/orange) CH E 0201L – ES/MS (2M, 2G, 1c. other, ¼ c. red/orange) CH E 0200L - HS Salsa Cup (½ c. red/orange) CH B 0105 Welch's White Grape <u>Or</u> Concord Berry Cool Tropic Rips (½ c. juice) CH F 0053/54 Strawberry Cup (½ c. fruit) CH F 0027 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Turkey & American Sub (2M, 2G) CH E 0172L 1c. Black Bean & Corn Salsa (½c. legume, ½ c. starch) CH B 0036 Fresh Plum (½ c. fruit) CH F 0047 Applesauce Cup (½ c. fruit) CH F 0007 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Bento Box: Egg, Cheese Cubes, Celery & Carrots, and Flatbread (2M, 1G, ¼ c. carrots, ¼ c. celery) CH E 0466L – ES/MS HS – add additional 1oz. flatbread (1G) CH D 0014 Kickin' Coleslaw (½ c. other) CH B 0237 Apple Slices(½ c. fruit) CH F 0004 Frozen Peach Cup (½ c.) CH F 0026 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Italian Deli Wrap (2.75M, 2G) CH E 0122L –ES/MS HS – add Cheddar Goldfish (1G) CH D 0071 Celery Dippers w/ Ranch (½ c. other) CH B 0057 Lettuce & Tomato Cup CH B 0053 (½ c. other, ¼ c. red/orange) Orange Wedges (½ c. fruit) CH F 0020 Diced Pear Cup (½ c. fruit) CH F 0029 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
	16	17	18	19	20
W2	WG PBJ Uncrustable Box (2M,2G) CH E 0054L – ES, CH E 0159 – SEC Carrot Dippers (1 c. red/orange) w/ Ranch Dressing CH B 0006	Chicken Cesar Wrap (2M,2G) CH E 0157L Lettuce & Tomato Cup (¼ c. other, ¼ c. tomatoes) CH B 0053 Pico de Gallo CH B 0089/CH B 0091 (½ c. red/orange)	Turkey & American on WG Croissant (2M, 2G) CH E 0312L Garden Side Salad CH B 0055 (½ c. other, ¼ c. red/orange) Broccoli Dippers w/ Ranch Dressing (½ c. green) CH B 0022	Chicken Tender Salad (2M, 1G, ½ c. other, ¼ c. red/orange) w/ Dinner Roll (1G) CH E 0487L/CH D 0007 – ES/MS (2M, 1G, 1c. other, ¼ c. red/orange) CH E 0486L – HS HS only – Add Goldfish Pretzels with Dinner Roll (1G) CH D 0069	Turkey & American on 2oz. Flatbread (2M, 2G) CH E 0345L White Nacho Doritos (1G) CH D 0103 – HS only 1c. Black Bean & Corn Salsa (½c. legume, ½ c. starch)

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	Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010 Applesauce Cup (½ c. fruit) CH F 0007 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	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	Diced Pears (½ c. fruit) CH F 0029 Frozen Peach Cup (½ c. fruit) CH F 0026 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Banana (½ c. fruit) CH F 0022 Grape Escape (½ c. fruit) CH F 0021 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	CH B 0036 Pineapple Tidbits (½ c.) CH F 0034 Emoji Cherry Lime (½ c. juice) CH F 0072 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
23	24	25	26	27	
W3	23	24	25	26	27
Turkey Deli Box w/ Cinnamon Graham Crackers (2M,1G) CH E 0235LCK *HS – add Goldfish Pretzels (1G) CH D 0069 Carrot Dippers w/ Ranch (1 c. red/orange) CH B 0006/ CH C 0014 Frozen Mixed Berry Cup (½ c. fruit) CH F 0073 Sliced Apples (½ c.) CH F 0004	WG PBJ Uncrustable Box (2M,2G) CH E 0054L - ES CH E 0159 – SEC Broccoli Dippers w/ Ranch Dressing (½ c. green) CH B 0022 Carrot Dippers w/ Ranch (½ c. red/orange) CH B 0005 Orange Wedges (½ c. fruit) CH F 0020 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	Yogurt, Cheese, Plate w/ WG Banana Bread Slice (2M, 2G) CH E 0392L Garbanzo Bean Salad (½ c. legume) CH B 0100 Tomato Wedges CH B 0059 (½ c. Red/Orange) w/ Italian Dressing Banana (½ c. fruit) CH F 0022 Welch's White Grape Or Concord Berry Cool Tropic Rips (½ c. juice) CH F 0053/54 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Grilled Chicken Breast Salad (2.5M/MA, ¾ c. other) CH E 0467L ES (2.5M/MA, 1.c. other) CH E 0469L – MS/HS WG Dinner Roll (1G) CH D 0007 – ES/MS/HS *HS – Add WG Scrabble Cheez-Its (1G) CH D 0072 Corn Salsa (½ c. starch) CH B 0122 Diced Pears (½ c. fruit) CH F 0029 SS. Mixed Fruit (½ c. fruit) CH F 0031 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	WG Chicken Fajita Wrap (2M,2G) CH E 0077A HS – add Chocolate Chip Cookie CH D 0079 Coleslaw (½ c. other) CH B 0050 Garden Side Salad CH B 0055 (½ c. other, ¼ c. red/orange) Strawberry Applesauce (½ c. fruit) CH F 0009 Frozen Peach Cup (½ c. fruit) CH F 0026 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	
30	1-Oct.	2	3	4	
W4	1-Oct.	2	3	4	
WG PBJ Uncrustable Box (2M,2G) CH E 0054L – ES, CH E 0159 – MS/HS Broccoli Dippers w/ Ranch Dressing (½ c. green) CH B 0022 Baby Carrots with Ranch Dressing (½ c. red/orange) CH B 0233 Strawberry Applesauce (½ c. fruit) CH F 0009 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 003/4	Popcorn Chicken Salad w/ WG Goldfish Crackers (All Grades) (2M/MA, 2G, ¾ -1c. other veg, ¼ c. red/orange) CH E 0179L - ES CH E 0180L –HS/MS (2M,2G, 1c. other veg, ¼ c. red/orange) HS – add Dinner Roll (1G) CH D 0007 Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010 Strawberry Cup (½ c. fruit) CH F 0027 Assorted Milk CH M 0001, CH M 0002, CH M 003, CH M 0004	Turkey & Cheese Pinwheel Wrap Box w/ fruit & veggies (2M, 2G, ½ c. apples, ¼ c. red/orange, ¼ c. other) CH E 0483L Coleslaw (½ c. other) CH B 0050 Grape Escape (½ c. fruit) CH F 0021 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Turkey & American on Pretzel Roll (2M, 2G) CH E 0169L HS – add Chocolate Chip Cookie CH D 0079 1c. Black Bean & Corn Salsa (½c. legume, ½ c. starch) CH B 0036 Pineapple Tidbits CH F 0034 Frozen Peach Cup CH F 0026 Assorted Milk CH M 0001, CH M 0002, CH M 003, CH M 0004	OCPS Lunch Box w/ 1oz Flatbread (2M, 1.25G, ½ c. apples) CH E 0364L w/ HS – add WG Jurassic World(1G) CH D 0202 Tomato Wedges CH B 0059 (½ c. Red/Orange) w/ Italian Dressing Garden Side Salad (½ c. other, ¼ c. red/orange) w/ Ranch CH B 0055 Fruit Pearls (½ c. fruit) CH F 0016 Assorted Milk CH M 0001, CH M 0002, CH M 003, CH M 0004	

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2

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 ¾ c. -1 c. vegetables daily. HS menus must provide both fruit options.

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