

OCPS Cold Charter School Breakfast & Lunch Menu October 2019

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	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	Egg Box (Hardboiled Egg, Cheese, Muffin, Apples) CH E 0074 100% Orange Juice (½ c. fruit) CH F 0011 Apple Slices CH F 0004 Assorted Milk	Bagel w/ Cream Cheese (2G) CH D 0001/ CH C 0001 100% Apple Juice (½ c. juice) CH F 0010 Grapefruit Wedges (½ c. fruit) CH F 0067 Assorted Milk	Assorted Cereal (Cups, Bowls, or Bars w/ cheddar Cheese Stick) E 0211, E 0210 (2G) D 0051, D 0052, D 0222, D 0032, D 0056, D 0060, D 0022, D- Trix; D- Fruity Cheerios 100% Fruit Juice Blend (½ cup fruit juice) CH F 0012 Mixed Fruit CH F 0030 Assorted Milk
	7	8	9	10	11
W1	Peanut Butter Grape Jelly Uncrustable Sandwich Box CH E 0054L 6 th – 8 th – offer (2M, 2G) CH E 0159L Carrot Dippers (1 c. red/orange) w/ Ranch Dressing CH B 0006 Mixed Fruit Cup (½ c. fruit) CH F 0030 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 Fajita Wrap (2M,2G) CH E 0077A 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) Applesauce Cup (½ c. fruit) CH F 0007 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 (¼c. legume, ¼ c. starch) CH B 0036 Grape Escape (½ c. fruit) CH F 0021 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	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 Broccoli Dippers w/ Ranch Dressing (½ c. green) CH B 0022 Orange Wedges (½ c. fruit) CH F 0020 Frozen Mixed Berry Cup CH F 0073 (½ c. fruit) 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 Veggie Dippers w/ Ranch (¼c. other, ¼ c. red/orange) CH B 0056 Cucumber Dippers w/ ¼ c. Hummus (½ c. other) CH B 0232 Apple (½ c. fruit) CH F 0003/ CH F 0001 Fruit Pearls (½ c. fruit) CH F 0016 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
	14	15	16	17	18- Student Make Up Day!
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 Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010	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 1c. Black Bean & Corn Salsa (¼c. legume, ¼ c. starch) CH B 0036 Orange Wedges (½ c. fruit)	Turkey & American on WG Croissant (2M, 2G) CH E 0312L Garden Side Salad CH B 0055 (¼ c. other, ¼ c. red/orange) Broccoli Dippers w/ Ranch Dressing (½ c. green) CH B 0022 Frozen Peach Cup (½ c. fruit) CH F 0026	Student Holiday	Turkey & American on 2oz. Flatbread (2M, 2G) CH E 0345L White Nacho Doritos (1G) CH D 0103 – HS only Coleslaw (½ c. other) CH B 0050 Pineapple Tidbits (½ c) CH F 0034

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	Applesauce Cup (½ c. fruit) CH F 0007 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	CH F 0020 Apple Slices (½ c. fruit) CH F 0004 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Mixed Fruit (½ c. fruit) CH F 0030 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004		Frozen Apricot Cup (½ c. fruit) CH F 0032 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
	21	22	23	24	25
W3	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 Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010 Pineapple Tidbits (½ c.) CH F 0034	WG PBJ Uncrustable Box (2M,2G) CH E 0054L - ES CH E 0159 – SEC Broccoli Dippers w/ Ranch Dressing (1 c. green) CH B 0235 Mixed Fruit (½ c. fruit) CH F 0030 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 Veggie Dippers (without Dressing) (¼ c. other, ¼ c. red/orange) CH B 0056 ½ c. Hummus (½ c. legume) CH B 0118 Orange Wedges (½ c. fruit) CH F 0020 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, ¼ 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 (¼ c. starch) CH B 0122 Fruit Pearls (½ c. fruit) F 0016 Banana (½ c. fruit) CH F 0022 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	WG Chicken Caesar Wrap (2M,2G) CH E 0077L 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) Frozen Mixed Berry Cup (½ c. fruit) CH F 0073 Pineapple Tidbits (½ c. fruit) CH F 0034 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
	28	29	30	31	1-Nov.
W4	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 Tangerine (½ c. fruit) CH F 0045 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, ¼ -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 Applesauce (½ c. fruit) CH F 0009 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 Frozen Apricot Cup (½ c. fruit) CH F 0032 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 (¼ c. legume, ½ c. starch) CH B 0036 Orange Wedges (½ c. fruit) CH F 0020 Applesauce (½ c. fruit) CH F 0007 Assorted Milk CH M 0001, CH M 0002, CH M 003, CH M 0004	OCPS Lunch Box w/ 1oz Flatbread (2M, 1.25G, ¼ c. apples) CH E 0364L w/ HS – add WG Bear Grahams (1G) CH D 0070 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 Strawberry Cup (½ c. fruit) CH F 0027 Assorted Milk CH M 0001, CH M 0002, CH M 003, CH M 0004

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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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