

OCPS Cold Charter School Breakfast & Lunch Menu February 2020

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	Egg Box (Hardboiled Egg, Cheese, Muffin, Apples) CH E 0074 100% Orange Juice (½ c. fruit) CH F 0011 ½ c. Sliced Apples CH F 0004 Assorted Milk	Overnight Oatmeal w/ WGR Cinnamon Teddy Grahams (2G) E 0521B 100% Apple Juice (½ c. juice) CH F 0010 ½ c. Frozen Apricots <u>or</u> Strawberries CH F 0032/CH F 0027 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
3		4	5	6	7
W2	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 Baby Carrots with Ranch Dressing (½ c. red/orange) CH B 0233 Frozen Strawberry Cup (½ c. fruit) CH F 0027 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 w/ Corn Tortilla Chips CH E 0200L (2M, 2G, 1c. veg.) complete meal – HS Chicken Taco Salad w/ Corn Tortilla Chips CH E 0201L (2M, 2G, ½ c. veg.) complete meal – ES/MS Salsa Dipping Cup (½ c. red/orange) CH B 0072 Applesauce Cup (½ c. fruit) CH F 0007 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	Turkey & American on WG Croissant (2M, 2G) CH E 0312L 1c. Black Bean & Corn Salsa (½c. legume, ½ c. starch) CH B 0036 Garden Side Salad w/ Ranch (½ c. other, ¼ c. r/o) CH B 0055 Frozen Peach Cup (½ c. fruit) CH F 0026 Pineapple Tidbits (½ c. fruit) CH F 0034 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	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 Banana (½ c. fruit) CH F 0022 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	Turkey & American on 2oz. Flatbread (2M, 2G) CH E 0345L Bear Grahams Crackers (1G) CH D 0070 – HS only Coleslaw (½ c. other) CH B 0050 Veggie Dippers w/Ranch <u>or</u> Hummus (½ c. red/orange, ¼ c. other) CH B 0056/CH B 0238 Orange Wedges (½ c) CH F 0020 Strawberry Applesauce (½ c. fruit) CH F 0009 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
10		11	12	13	14- Valentine's Day
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/	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 Frozen Peach Cup (½ c. fruit)	Yogurt, Cheese, Plate w/ WG Banana Bread Slice (2M, 2G) CH E 0392L Veggie Dippers (without Dressing) (¼c. other, ¼ c. red/orange) CH B 0056 ½ c. Hummus (½ c. legume)	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	WG Chicken Caesar Wrap (2M,2G) CH E 0077L Valentine Cookie D 0093-All Coleslaw (½ c. other) CH B 0050 Garden Side Salad CH B 0055 (½ c. other, ¼ c. red/orange)

1/9/2020 3:42 PM 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 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 Retransmisión] 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 e incluya en la carta toda la información solicitada en el 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.

OCPS Cold Charter School Breakfast & Lunch Menu February 2020

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.

	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	CH F 0026 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	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	Corn Salsa (½ c. starch) CH B 0122 Frozen Mixed Berry Cup (½ c. fruit) CH F 0073 Banana (½ c. fruit) CH F 0022 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Frozen Strawberry Cup (½ c. fruit) CH F 0027 Pineapple Tidbits (½ c.) CH F 0034 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
	17	18	19	20	21
W4	President's Day Holiday	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 Baby Carrots with Ranch Dressing (½ c. red/orange) CH B 0233 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 (½ 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, ½ c. apples) CH E 0364L 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
	24	25	26	27	28
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 Apple Slices (½ c. fruit) CHF 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) SS. Peach Cup (½ c. fruit) CH F 0025 Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010	Turkey & American Sub (2M, 2G) CH E 0172L 1c. Black Bean & Corn Salsa (½ c. legume, ½ c. starch) CH B 0036 Strawberry Cup (½ c. fruit) CH F 0027 Diced Peach Cup (½ c. fruit) CH F 0025	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 Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010	Italian Deli Wrap (2.75M, 2G) CH E 0122L –ES/MS HS – add Cheddar Goldfish (1G) CH D 0071 ½ c. Cucumber Dippers w/ ¼ c. Hummus (½ c. other) CH B 0232 – ES/MS/HS Veggie Dippers w/ Ranch (½ c. other, ¼ c. red/orange) CH B 0056 – MS/HS include this one. Apple (½ c. fruit)

1/9/2020 3:42 PM 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 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 Retransmisión] 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 e incluya en la carta toda la información solicitada en el 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.

OCPS Cold Charter School Breakfast & Lunch Menu February 2020

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.

<p>Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010</p> <p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>	<p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>	<p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>	<p>Frozen Mixed Berry Cup CH F 0073 (½ c. fruit)</p> <p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>	<p>CH F 0003/ CH F 0001 Fruit Pearls (½ c. fruit) CH F 0016</p> <p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>
--	--	--	--	---

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; K8 do not offer juice as only fruit choice..

1/9/2020 3:42 PM 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 necesiten 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 Retransmisión] 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 e incluya en la carta toda la información solicitada en el 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.