

# OCPS Hot Charter School Breakfast & Lunch Menu December 2021

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
<b>Breakfast</b>	Yogurt Cup w/WGR Graham Crackers (2G) <b>CH E 0038/ CH E 0033B/ CH D 0070/CH D 0202</b> Applesauce Cup (½ c. fruit) <b>CH F 0007</b> 100% Fruit Juice Blend (½ c. juice) <b>CH F 0012</b> <b>Assorted Milk</b>	WGR Banana Bread Slice (2G) <b>CH D 0030</b> 100% Orange Juice (½ c. fruit) <b>CH F 0011</b> ½ c. Sliced Apples – <b>CH F 0004</b> <b>Assorted Milk</b>	WGR Cinnamon Bun (2G) <b>CH E 0007B</b> 100% Fruit Juice Blend (½ c. juice) <b>CH F 0012</b> Frozen Strawberries (½ c. fruit) <b>CH F 0027</b> <b>Assorted Milk</b>	WGR Assorted Cereal Bars (1G) <b>CH D 0060/CH D 0050/ CH D 0062</b> Sunflower Seeds (1G) <b>CH E 0236</b> 100% Apple Juice (½ c. juice) <b>CH F 0010</b> Diced Pears (½ c. fruit) <b>CH D F 0029</b> <b>Assorted Milk</b>	WGR Blueberry Muffin or WGR Chocolate Muffin (1G) <b>CH E 0021/ CH E 0334B</b> Cheese Stick (1G) <b>CH E 0211</b> 100% Fruit Juice Blend (½ cup juice) <b>CH F 0012</b> Peach Cup (½ c. fruit) <b>CH F 0025</b> <b>Assorted Milk</b>
	6	7	8	9	10
<b>W1</b>	WGR Cheese Pizza Rippers (2M, 2.25G) <b>CH E 0333L</b>  <b>Curly Fries (½ c.) CH B 0111</b> <b>Marinara Dipping Sauce (½c. red/orange) CH B 0037</b>  <b>Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010</b> <b>Tangerine (½ c. fruit) CH F 0045</b>  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Spicy Chicken Walking Tacos w/ <b>WGR Corn Tortilla Chips (2G) CH E 02432L – HS (2.25M,2G)</b>  Popcorn Chicken (2M, 1G) <b>E 0066L</b> <b>WGR Garlic Bread Stick (1G) D 0113 – ES/MS Only</b>  <b>Lettuce &amp; Tomato Cup CH B 0053 (½ c. other, ¼ c. red/orange)</b> <b>Salsa Dipping Cup (½c. red/orange) CH B 0072</b>  <b>SS. Mixed fruit (½ c. fruit) CH F 0031</b> <b>Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010</b> Assorted Milk CH M 0001, CH M 0002, 0003, 0004	WGR Rotini w/ Meat Sauce & <b>WGR Brazilian Bun (2M, 2G) CH E 0065L - HS Only</b>  WGR Rotini w/ Meat Sauce (2M,1G) <b>CH E 0028L -ES/MS Only</b>  <b>Green Beans (½ c. other) CH B 0017</b> <b>Spicy Roasted Garbanzo Beans (½ c. legume) CH B 0066</b>  <b>Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010</b> <b>Applesauce Cup (½ c.) CH F 0007</b>  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Hot Dog on WGR Bun (2M, 2G) <b>CH E 0363L/CH E0060L</b> <b>WGR Honey Scooby Grahams (1G) CH D 0202 – HS only</b>  <b>Steamed Broccoli (½ c. green) CH B 0020</b> <b>Seasoned Fries (½ c.) CH B 0113</b>  <b>Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010</b> <b>Frozen Mixed Berries CH F 0073</b>  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Breaded Drumstick (2M) <b>CH E 0472L</b> <b>WGR Dinner Rolls (2G) CH D 0006 – HS Only</b> <b>WGR Dinner Roll (1G) CH D 0007 - MS/ES Only</b>  <b>Coleslaw (½ c. other) CH B 0050</b> <b>Cucumber &amp; Carrot Dipper w/ Ranch (½ c. other, ¼ c. r/o) CH B 0081</b>  <b>Fruit Pearls (½ c. fruit) CH F 0016</b> <b>Mix Fruit Cup (½ c.) CH F 0031</b>  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
	13	14	15	<b>16. Harvest – Green Beans!</b>	17
<b>W2</b>	Penne Pasta Bake w/ <b>WGR Bread Stick</b> (2M, 2G) <b>CH E 0272L – HS Only</b>  Penne Pasta Bake (23M, 1G) <b>CH E 0218L – MS/ES Only</b>  <b>Carrot Dippers w/ Ranch (½ c. red/orange) CH B 0005</b> <b>Italian Blend (½c.) CH B 0001</b> <b>Tangerine (½ c.) CH F 0045</b>	WGR Hamburger/Cheeseburger (2M,2G) <b>CH E 0094L/ CH E 0090L</b>  <b>Pico de Gallo (½ c. red/orange) CH B 0091</b> <b>Lettuce &amp; Tomato Cup CH B 0053 (½ c. other, ¼ c. red/orange)</b>  <b>Strawberry Cup (½ c.) CH F 0027</b> <b>Applesauce Cup (½ c.) CH F 0007</b>	WGR Soft Turkey Tacos (2M,2G) <b>CH E 0184L</b>  <b>Black Beans (½ c. legume) CH B 0070</b> <b>Coleslaw (½c. other) CH B 0050</b>  <b>Frozen Peaches (½ c. fruit) CH F 0026</b> <b>Apple Slices (½ c. fruit) CH F 0004</b> Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Holiday Turkey w/ Gravy (2M) <b>E 0058L/C 0017</b> <b>WGR Dinner Rolls (2G) - CH D 0006 – HS Only;</b> <b>WGR Dinner Roll (1G) - CH D 0007 - MS/ES Only</b> <b>Holiday Harvest Cookie (0.5G) D 0080 – All</b> <b>Mashed Potatoes (½c.)CH B 0049</b> <b>Fresh Green Beans &amp; Corn (½ c. other) CH B 1020</b>	WGR Garlic French Bread Pizza (2M,2G) <b>CH E 0130L</b>  <b>Marinara Dipping Sauce Cup (½c. red/orange) CH B 0037</b> <b>Garlic Spinach (½ c.) CH B 0014</b>  <b>Applesauce Cup (½ c.) CH F 0007</b> <b>SS. Mix Fruit (½ c. fruit) CH F 0031</b> Assorted Milk CH M 0001, CH M 0002,

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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.

<b>Assorted Juice (½ c. fruit juice)</b> CH F 0011, CH F 0012, CH F 0010 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004		<b>Assorted Juice (½ c. fruit juice)</b> CH F 0011, CH F 0012, CH F 0010 <b>Banana (½ c. fruit) CH F 0022</b> Assorted Milk	CH M 0003, CH M 0004
20	21	22	23	24
<b>Winter Break</b>				
27	28	29	30	31
<b>Winter Break</b>				

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\*ES – Elementary School, MS – Middle School, HS – High School: All menus must provide 1 c. vegetables daily. HS menus must provide both fruit options; K-8 may offer only one fruit choice at lunch, but do not offer juice as only fruit choice.

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