

# OCPS Hot Charter School Breakfast & Lunch Menu January 2022

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>	Twist & Go Smoothie w/ WGR Graham Crackers (2G, ½c. fruit) <b>CH E 0557L/ CH E 0558L</b> Applesauce Cup (½ c. fruit) <b>CH F 0007</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> Sliced Apples (½c. fruit) <b>CH F 0004</b> <b>Assorted Milk</b>	Strawberry or Peach Yogurt Parfait w/WGR Granola (2G, ½c. fruit) <b>CH E 0029L/ CH E 0026</b> 100% Fruit Juice Blend (½ c. juice) <b>CH F 0012</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> Peaches (½ c. fruit) <b>CH D F 0026</b> <b>Assorted Milk</b>	WGR Cinnamon Bun (2G) <b>CH E 0007B</b> 100% Fruit Juice Blend (½ cup juice) <b>CH F 0012</b> Orange Wedges (½c. fruit) <b>CH F 0020</b> <b>Assorted Milk</b>
	3	4	5	6	7
<b>W1</b>	<b>Student Holiday</b>	Spicy Chicken Walking Tacos w/ <b>WGR Corn Tortilla Chips (2G)</b> <b>CH E 02432L – HS (2.25M,2G, ½c. veg)</b> Popcorn Chicken (2M, 1G) <b>E 0066L</b> <b>WGR Garlic Bread Stick (1G) D 0113</b> – ES/MS Only <b>Lettuce &amp; Tomato Cup</b> <b>CH B 0053 (½ c. other, ¼ c. red/orange)</b> <b>Salsa Dipping Cup</b> <b>(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)</b> <b>CH F 0011, CH F 0012, CH F 0010</b> <b>Assorted Milk</b> <b>CH M 0001, CH M 0002, 0003, 0004</b>	<b>WGR Rotini w/ Meat Sauce &amp;</b> <b>WGR Brazilian Bun (2M, 2G)</b> <b>CH E 0065L - HS Only</b>  <b>WGR Rotini w/ Meat Sauce</b> <b>(2M,1G) CH E 0028L -ES/MS Only</b> <b>Green Beans (½ c. other) CH B 0017</b> <b>Spicy Roasted Garbanzo Beans</b> <b>(½ c. legume) CH B 0066</b> <b>Assorted Juice (½ c. fruit juice)</b> <b>CH F 0011, CH F 0012, CH F 0010</b> <b>Mix Fruit Cup (½ c.) CH F 0031</b>  <b>Assorted Milk</b> <b>CH M 0001, CH M 0002,</b> <b>CH M 0003, CH M 0004</b>	Hot Dog on WGR Bun (2M, 2G) <b>CH E 0363L/CH E0060L</b> <b>WGR Honey Scooby Grahams</b> (1G) <b>CH D 0202 – HS only</b> <b>Steamed Broccoli (½ c. green)</b> <b>CH B 0020</b> <b>Seasoned Fries (½ c.) CH B 0113</b>  <b>Banana (½ c. fruit) CH F 0022</b> <b>Strawberry Cup CH F 0027</b>  <b>Assorted Milk</b> <b>CH M 0001, CH M 0002,</b> <b>CH M 0003, CH M 0004</b>	Breaded Drumstick (2M) <b>CH E 0472L</b> <b>WGR Dinner Rolls (2G)</b> <b>CH D 0006 – HS Only</b> <b>WGR Dinner Roll (1G)</b> <b>CH D 0007 - MS/ES Only</b>  <b>Coleslaw (½ c. other) CH B 0050</b> <b>Cucumber &amp; Carrot Dipper w/ Ranch</b> <b>(½ c. other, ¼ c. r/o) CH B 0081</b>  <b>Diced Pears (½ c. fruit) CH F 0029</b> <b>Applesauce Cup (½ c.) CH F 0007</b>  <b>Assorted Milk</b> <b>CH M 0001, CH M 0002,</b> <b>CH M 0003, CH M 0004</b>
	10	11	12	13	14
<b>W2</b>	Penne Pasta Bake w/ <b>WGR</b> <b>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</b> <b>(½ c. red/orange) CH B 0005</b> <b>Italian Blend (½c.) CH B 0001</b> <b>Tangerine (½ c.) CH F 0045</b> <b>Assorted Juice (½ c. fruit juice)</b> <b>CH F 0011, CH F 0012, CH F 0010</b>	WGR Hamburger/Cheeseburger (2M,2G) <b>CH E 0094L/ CH E 0090L</b>  <b>Pico de Gallo (½ c. red/orange)</b> <b>CH B 0091</b> <b>Lettuce &amp; Tomato Cup CH B 0053</b> <b>(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>  <b>Assorted Milk</b> <b>CH M 0001, CH M 0002,</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)</b> <b>CH F 0026</b> <b>Apple Slices (½ c. fruit) CH F 0004</b>  <b>Assorted Milk</b> <b>CH M 0001, CH M 0002,</b> <b>CH M 0003, CH M 0004</b>	Popcorn Chicken (2M,1G) <b>CH E 0066L</b>  <b>WGR Dinner Rolls (2G) -</b> <b>CH D 0006 – HS Only;</b> <b>WGR Dinner Roll (1G) -</b> <b>CH D 0007 - MS/ES Only</b>  <b>Florida Corn Cobb (½c.)</b> <b>CH B 0035</b>  <b>Green Beans</b> <b>(½ c. other) CH B 0017</b> <b>Assorted Juice (½ c. fruit juice)</b> <b>CH F 0011, CH F 0012, CH F 0010</b>	WGR Garlic French Bread Pizza (2M,2G) <b>CH E 0130L</b>  <b>Marinara Dipping Sauce Cup</b> <b>(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>  <b>Assorted Milk</b> <b>CH M 0001, CH M 0002,</b> <b>CH M 0003, CH M 0004</b>

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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.

	Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	CH M 0003, CH M 0004		Banana (½ c. fruit) CH F 0022 Assorted Milk	
	17	18	19	20	21
<b>W3</b>	<b>Martin Luther King Jr. Holiday</b>	Chicken Sandwich on WGR Bun (2M, 3G) CH E 0041L  Carrot Dippers w/ Ranch (½ c. red/orange) CH B 0005 Lettuce & Tomato Cup CH B 0053 (½ c. other, ¼ c. red/orange)  SS. Mixed fruit (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	WGR Rotini w/ Meat Sauce & WGR Brazilian Bun (2M, 2G) CH E 0065L - HS Only WGR Rotini w/ Meat Sauce (2M, 1G) CH E 0028L -ES/MS Only  Green Beans (½ c. other) CH B 0017 Spicy Roasted Garbanzo Beans (½ c. legume) CH B 0066  SS Peach Cup (½ c. fruit) CH F 0025 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	WGR Tangerine Chicken (2M) E 0113 1c. White Rice (2G) – CH D 0085 HS Only ½c. White Rice (1G) – CH D 0087 ES/MS Only  Fresh Steamed Broccoli (½ c. green) CH B 0060 Seasoned Fries (½ c.) CH B 0113 Strawberry Cup (½c. fruit) CH F 0027 Banana (½ c. fruit) CH F 0022  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	WGR Breaded Drumsticks (2M) CH E 0472L WGR Dinner Rolls (2G) CH D 0006 – HS Only WGR Dinner Roll (1G) CH D 0007 - MS/ES Only  Coleslaw (½ c. other) CH B 0050 Garden Romaine Salad CH B 0064 (½ c. green, ¼c. red/orange)  Applesauce (½ c. fruit) CH F 0007 Diced Pears (½ c. fruit) CH F 0029 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
<b>W4</b>	WGR Breaded Mozzarella Sticks (2M, 2G) E 0320L  Marinara Dipping Sauce (½c. red/orange) CH B 0037 Italian Blend Veggies (½c. Other) CH B 0001  Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010 Tangerine (½ c. fruit) CH F 0045  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Loaded Chicken & Cheese Fries w/ Pico & Queso & WGR Corn Tortilla Chips (2M, 2G, ½c.starch) CH E 0560L – HS/MS Only  WGR Grilled Cheese Sandwich (2M,2G) CH E 0382L – ES Only  Seasoned Fries (½ c. starch) CH B 0113 for ES Only  Pico de Gallo (½ c. red/orange) CH B 0091  Strawberry Cup (½ c. fruit) CH F 0027 Mixed Fruit (½ c. fruit) CH F 0031 Assorted Milk CH M 0001, CH M 0002, 0003, 0004	Hot Dog on WGR Bun (2M, 2G) CH E 0363L/CH E0060L WGR Honey Scooby Grahams (1G) CH D 0202 – HS only add  Black Beans (½ c. legume) CH B 0070 Coleslaw (½ c. other) CH B 0050  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	Bacon Cheeseburger on WGR Bun (2.5M, 2G) CH E 0104L – HS Only  Hamburger/Cheeseburger on WGR Bun (2.5M,2G) E 0094L/E 0090L – MS/ES Only  Green Beans (½ c. other) CH B 0017 Florida Corn Cobb (½ c.) CH B 0035  Frozen Mixed Berries (½c. fruit) CH F 0073 Banana (½ c. fruit) CH F 0022  Assorted Milk CH M 0001, CH M 0002, 0003, 0004	WGR Teriyaki Chicken (2M) CH E 0281L ½c. WGR Fried Rice (1G) + WGR Dinner Roll (1G) CH D 0119 – HS Only ½ c. WGR Fried Rice (1G) CH D 0117 – MS/ES Only  Garlic Spinach (½ c. green) CH B 0014  Asian Carrot Slaw (½ c. red/orange) CH B 0241  Apple Slices (½c. fruit) CH F 0004 Mixed Fruit (½ c. fruit) CH F 0031 Assorted Milk CH M 0001, CH M 0002, 0003, 0004

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	31	1-February	2	3	4
<b>W1</b>	WGR Cheese Pizza Rippers (2M, 2.25G) CH E 0333L  <b>Curly Fries (½ c.) CH B 0111</b> Marinara Dipping Sauce (½c. red/orange) CH B 0037  Assorted Juice (½ c. fruit juice) CH F 0011, CH F 0012, CH F 0010 Tangerine (½ c. fruit) CH F 0045  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)</b> CH E 02432L – HS (2.25M,2G, ½c. veg) Popcorn Chicken (2M, 1G) E 0066L WGR Garlic Bread Stick (1G) D 0113 – ES/MS Only  Lettuce & Tomato Cup CH B 0053 (¼ c. other, ¼ c. red/orange) Salsa Dipping Cup (½c. red/orange) CH B 0072  SS. Mixed fruit (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, 0003, 0004	WGR Rotini w/ Meat Sauce & <b>WGR Brazilian Bun (2M, 2G)</b> CH E 0065L - HS Only  WGR Rotini w/ Meat Sauce (2M,1G) CH E 0028L -ES/MS Only  Green Beans (½ c. other) CH B 0017 Spicy Roasted Garbanzo Beans (½ c. legume) CH B 0066  Orange Wedges (½ c. fruit) CH F 0020 Mix Fruit Cup (½ c.) CH F 0031  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Hot Dog on WGR Bun (2M, 2G) CH E 0363L/CH E0060L WGR Honey Scooby Grahams (1G) CH D 0202 – HS only  Steamed Broccoli (½ c. green) CH B 0020 <b>Seasoned Fries (½ c.) CH B 0113</b>  Banana (½ c. fruit) CH F 0022 Strawberry Cup CH F 0027  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Breaded Drumstick (2M) CH E 0472L WGR Dinner Rolls (2G) CH D 0006 – HS Only WGR Dinner Roll (1G) CH D 0007 - MS/ES Only  Coleslaw (½ c. other) CH B 0050 Cucumber & Carrot Dipper w/ Ranch (½ c. other, ¼ c. r/o) CH B 0081  Diced Pears (½ c. fruit) CH F 0029 Applesauce Cup (½ c.) CH F 0007  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004

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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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