

OCPS Cold Charter School Breakfast & Lunch Menu December 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	Egg Box (Hardboiled Egg, Cheese, Mashed Apples) CH E 0074 100% Orange Juice (½ c. fruit) CH F 0011 ½ c. Sliced Apples CH F 0004 Assorted Milk	Yogurt Parfait or Yogurt Cup w/ Granola (1G) CH E 0029/ CH E 0026/ CH E 0038/ CH E 0022/ CH E 0381/ D 0066/ D 0066 100% Apple Juice (½ c. juice) CH F 0010 ½ c. Frozen Peaches or Strawberries CH F 0026/ 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-Tnx; D- Fruity Cheerios 100% Fruit Juice Blend (½ cup fruit juice) CH F 0012 Mixed Fruit CH F 0030 Assorted Milk
W1	2 Peanut Butter Grape Jelly Uncrustable Sandwich Box CH E 0054L 6th – 8th – offer (2M, 2G) CH E 0159L <i>Carrot Dippers</i> (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	3 Chicken Fajita Wrap (2M, 2G) CH E 0077A Lettuce & Tomato Cup (½ c. other, ½ 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	4 Turkey & American Sub (2M, 2G) CH E 0172L 1c. Black Bean & Corn Salsa (½ c. legume, ½ c. starch) CH B 0036 Grape Escape (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	5 Bento Box: Egg, Cheese Cubes, Celery & Carrots, and Flatbread (2M, 1G, ½ c. carrot, ½ 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	6 Italian Deli Wrap (2.75M, 2G) CH E 0122L –ES/MS HS – add Cheddar Goldfish (1G) CH D 0071 Veggie Dippers w/ Ranch (½ c. other, ½ c. red/orange) CH B 0056 Cucumber Dippers w/ ½ 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
W2	9 WG PBJ Uncrustable Box (2M, 2G) CH E 0054L – ES, CH E 0159 – SEC <i>Carrot Dippers</i> (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	10 Chicken Taco Salad (2M, 2G, ½ c. other, ½ c. red/orange) CH E 0201L – ES/MS (2M, 2G, 1c. other, ½ c. red/orange) CH E 0200L – HS 1c. Black Bean & Corn Salsa (½ c. legume, ½ c. starch) CH B 0036 Frozen Apricot Cup (½ c. fruit)	11 Turkey & American on WG Croissant (2M, 2G) CH E 0312L Garden Side Salad CH B 0055 (½ c. other, ½ c. red/orange) Broccoli Dippers w/ Ranch Dressing (½ c. green) CH B 0022 Frozen Peach Cup (½ c. fruit) CH F 0026	12 Chicken Tender Salad (2M, 1G, ½ c. other, ½ c. red/orange) w/ Dinner Roll (1G) CH E 0487L/ CH D 0007 – ES/MS (2M, 1G, 1c. other, ½ 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	13 Turkey & American on 2oz. Flatbread (2M, 2G) CH E 0345L White Nucleo Doritos (1G) CH D 0103 – HS only Coleslaw (½ c. other) CH B 0050 Satsuma Orange (½ c) CH F 0043

11/17/2019 11:34 AM 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, audio tape, 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, (AD-3027) found online at: http://www.asc.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 to 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.discrimination@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, (AD-3027) que está disponible en línea en http://www.asc.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.discrimination@usda.gov. Esta institución es un proveedor que ofrece igualdad de oportunidades.

OCPS Cold Charter School Breakfast & Lunch Menu December 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.

	16	17	18	19	20
	Applesauce Cup (½ c. fruit) CH F 0007 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	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	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	Strawberry Applesauce (½ c. fruit) CH F 0009 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
W3	Turkey Deli Box w/ Cinnamon Graham Crackers (2M, 1G) CH E 0235LCK *HS – add Goldfish Pretzels (1G) CH D 0069 Caramel 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) (½ c. other, ½ c. red/orange) CH B 0056 ½ c. Hummus (½ c. legume) CH B 0118 Satsuma Oranges (½ c. fruit) CH F 0043 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/M/A, ½ c. other) CH E 0467L ES (2.5M/M/A, 1 c. other) CH E 0469L – MS/HS WG Dinner Roll (1G) CH D 0007 – ES/MS/HS *HS – Add WG Scuddable Cheez-Its (1G) CH D 0072 Corn Salsa (½ c. starch) CH B 0122 Hot Cinnamon Apples (½ c. fruit) CH F 0005 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 Colelaw (½ c. other) CH B 0050 Garden Side Salad CH B 0055 (½ c. other, ½ c. red/orange) Frozen Mixed Berry Cup (½ c. fruit) CH F 0073 Frozen Apricot Cup (½ c. fruit) CH F 0032 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
	23	24	25	26	27
W4	Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
	30	31	1-Jan.	2	3
W1	Winter Break	Winter Break	Winter Break	Winter Break	Winter Break

* 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.

11/7/2019 11:34 AM 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, (AD-3027) found online at: http://www.asc.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 solicitan 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 (AD-3027) que está disponible en línea en: http://www.asc.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.

December 2019 Snack Menu

An assortment of milk is offered when specified to include 1% low-fat white milk, and Flavored skim varieties.

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Wk. 1	WGR Blueberry Muffin Top E 0021	WGR Bear Grahams D 0070	WGR Cinnamon Granola D 0068	WGR Goldfish Pretzels D 0069	WGR Cherry G-Force Bar D 0025
	Assorted Milk	Assorted Fruit Juice (6.75 oz.) F 0019, F 0015	Assorted Milk	Assorted Fruit Juice (6.75 oz.) F 0019, F 0015	Assorted Fruit Juice (6.75 oz.) F 0019, F 0015
	9	10	11	12	13
Wk. 2	WGR Scooby Cinnamon Grahams D 0202	WGR Chocolate Muffin E 0334B	WGR Goldfish Cheddar Crackers D 0071	<i>Danimals Yogurt Cup <u>or</u> Greek Yogurt Cup E 0038 / E 0033B/ E 0381</i>	WGR Corn Tortilla Chips D 0074
	Assorted Fruit Juice (6.75 oz.) F 0019, F 0015	Assorted Fruit Juice (6.75 oz.) F 0019, F 0015	Assorted Milk	Assorted Fruit Juice (6.75 oz.) F 0019, F 0015	Assorted Fruit Juice (6.75oz) F 0019, F0015
	16	17	18	19	20
Wk. 1	WGR Blueberry Muffin Top E 0021	WGR Bear Grahams D 0070	WGR Cinnamon Granola D 0068	WGR Goldfish Pretzels D 0069	WGR Cherry G-Force Bar D 0025
	Assorted Milk	Assorted Fruit Juice (6.75 oz.) F 0019, F 0015	Assorted Milk	Assorted Fruit Juice (6.75 oz.) F 0019, F 0015	Assorted Fruit Juice (6.75 oz.) F 0019, F 0015
	23	24	25	26	27
Wk. 2	Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
	30	31	1-Jan.	2	3
Wk.1.	Winter Break	Winter Break	Winter Break	Winter Break	Winter Break

* Only schools serving the entire school due to extended day, may substitute milk with 6oz. juice and yogurt or cheese may be substituted with Grahams or Cheddar/Pretzel Goldfish Crackers* Do not serve any other type of yogurt than the ones with no more than 15g sugar/4oz*

11/7/2019 11:45 AM 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, (AD-3027) found online at: http://www.asc.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 solicitan 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 Transmisión) 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 Discriminación del Programa del USDA (AD-3027) que está disponible en línea en: http://www.asc.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.