

# OCPS Cold Charter School Breakfast & Lunch Menu January 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
<b>Breakfast</b>	Banana Bread (2G) <b>CH D 0030</b> 100% Fruit Juice Blend (½ c. juice) <b>CH F 0012</b> Applesauce Cup (½ c. fruit) <b>CH F 0007</b> <b>Assorted Milk</b>	Egg Box (Hardboiled Egg, Cheese, Muffin, Apples) <b>CH E 0074</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>	Yogurt Parfait <b>or</b> Yogurt Cup w/ <b>Granola (1G)</b> CH E 0029/ CH E 0026/CH E 0038/CH E 0022/CH E 0381/D 0068/ D 0066 100% Apple Juice (½ c. juice) <b>CH F 0010</b> ½ c. Frozen Peaches <b>or</b> Strawberries <b>CH F 0026/CH F 0027</b> <b>Assorted Milk</b>	Bagel w/ Cream Cheese (2G) <b>CH D 0001/ CH C 0001</b> 100% Apple Juice (½ c. juice) <b>CH F 0010</b> Grapefruit Wedges (½ c. fruit) <b>CH F 0067</b> <b>Assorted Milk</b>	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) <b>CH F 0012</b> Mixed Fruit <b>CH F 0030</b> <b>Assorted Milk</b>
6	7	8	9	10	
<b>W2</b>	<b>Student Holiday</b>	WG PBJ Uncrustable Box (2M,2G) <b>CH E 0054L – ES, CH E 0159 – SEC</b> Broccoli Dippers w/ Ranch Dressing (½ c. green) <b>CH B 0022</b> Baby Carrots with Ranch Dressing (½ c. red/orange) <b>CH B 0233</b> Frozen Apricot Cup (½ c. fruit) <b>CH F 0032</b> Assorted Juice (½ c. fruit juice) <b>CH F 0011, CH F 0012, CH F 0010</b> Assorted Milk <b>CH M 0001, CH M 0002,                      CH M 0003, CH M 0004</b>	Turkey & American on <b>WG</b> <b>Croissant (2M, 2G) CH E 0312L</b> 1c. <b>Black Bean &amp; Corn</b> Salsa (½c. legume, ½ c. starch) <b>CH B 0036</b> Garden Side Salad w/ Ranch (½ c. other, ¼ c. r/o) <b>CH B 0055</b> Frozen Peach Cup (½ c. fruit) <b>CH F 0026</b> Mixed Fruit (½ c. fruit) <b>CH F 0030</b> Assorted Milk <b>CH M 0001, CH M 0002,                      CH M 0003, CH M 0004</b>	Chicken Tender Salad (2M, 1G, ½ c. other, ¼ c. red/orange) w/ Dinner Roll (1G) <b>CH E 0487L/CH D</b> <b>0007 – ES/MS</b> (2M, 1G, 1c. other, ¼ c. red/orange) <b>CH E 0486L – HS</b> HS only – Add Goldfish Pretzels with Dinner Roll (1G) <b>CH D 0069</b> Banana (½ c. fruit) <b>CH F 0022</b> Assorted Juice (½ c. fruit juice) <b>CH F 0011, CH F 0012, CH F 0010</b> Assorted Milk <b>CH M 0001, CH M 0002,                      CH M 0003, CH M 0004</b>	Turkey & American on 2oz. Flatbread (2M, 2G) <b>CH E 0345L</b> White Nacho Doritos (1G) <b>CH D 0103 – HS only</b> Coleslaw (½ c. other) <b>CH B 0050</b> Veggie Dippers w/Ranch <b>or</b> Hummus (½ c. red/orange, ¼ c. other) <b>CH B 0056/CH B 0238</b> Orange Wedges (½ c) <b>CH F 0020</b> Strawberry Applesauce (½ c. fruit) <b>CH F 0009</b> Assorted Milk <b>CH M 0001, CH M 0002,                      CH M 0003, CH M 0004</b>
13	14	15	16	17	
<b>W3</b>	WG PBJ Uncrustable Box (2M,2G) <b>CH E 0054L - ES                      CH E 0159 – SEC</b> Broccoli Dippers w/ Ranch Dressing (1 c. green) <b>CH B 0235</b> Mixed Fruit (½ c. fruit) <b>CH F 0030</b>	Yogurt, Cheese, Plate w/ <b>WG Banana Bread Slice</b> (2M, 2G) <b>CH E 0392L</b> Veggie Dippers (without Dressing) (¼c. other, ¼ c. red/orange) <b>CH B 0056</b> ½ c. Hummus (½ c. legume) <b>CH B 0118</b> Orange Wedges (½ c. fruit)	Grilled Chicken Breast Salad (2.5M/MA, ¼ c. other) <b>CH E 0467L ES</b> (2.5M/MA, 1.c. other) <b>CH E 0469L –                      MS/HS</b> WG Dinner Roll (1G) <b>CH D 0007 – ES/MS/HS</b> *HS – Add WG Scrabble Cheez-Its (1G) <b>CH D 0072</b> Corn Salsa (½ c. starch) <b>CH B 0122</b> Frozen Mixed Berry Cup	WG Chicken Caesar Wrap (2M,2G) <b>CH E 0077L</b> HS – add Chocolate Chip Cookie <b>CH D 0079</b> Coleslaw (½ c. other) <b>CH B 0050</b> Garden Side Salad <b>CH B 0055</b> (½ c. other, ¼ c. red/orange) Frozen Apricot Cup (½ c. fruit)	

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	<b>Assorted Juice (½ c. fruit juice)</b> CH F 0011, CH F 0012, CH F 0010 <b>Pineapple Tidbits (½ c.)</b> CH F 0034	<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	CH F 0020 <b>Welch's White Grape Or Concord</b> <b>Berry Cool Tropic Rips (½ c. juice)</b> CH F 0053/54  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	<b>(½ c. fruit) CH F 0073</b> <b>Banana (½ c. fruit)</b> CH F 0022  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	CH F 0032 <b>Pineapple Tidbits (½ c.)</b> CH F 0034  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
	20	21	22	23	24
<b>W4</b>	<b>Martin Luther King Jr. Holiday</b>	WG PBJ Uncrustable Box (2M,2G) CH E 0054L - ES CH E 0159 – SEC  <b>Broccoli Dippers</b> w/ Ranch Dressing (½ c. green) CH B 0022  <b>Baby Carrots with Ranch Dressing</b> (½ c. red/orange) CH B 0233  <b>Assorted Juice (½ c. fruit juice)</b> CH F 0011, CH F 0012, CH F 0010 <b>Strawberry Applesauce (½ c. fruit) CH</b> 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  <b>Coleslaw (½ c. other) CH B 0050</b>  <b>Frozen Apricot Cup (½ c. fruit)</b> 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 <b>Chocolate Chip Cookie</b> CH D 0079  <b>1c. Black Bean &amp; Corn Salsa</b> (½c. legume, ½ c. starch) CH B 0036  <b>Orange Wedges (½ c. fruit)</b> CH F 0020 <b>Applesauce ( ½ c. fruit) CH F 0007</b>  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 <b>WG Bear Grahams (1G)</b> CH D 0070  <b>Tomato Wedges CH B 0059</b> (½ c. Red/Orange) w/ Italian Dressing <b>Garden Side Salad (½ c. other, ¼ c.</b> red/orange) w/ Ranch CH B 0055  <b>Strawberry Cup (½ c. fruit)</b> CH F 0027 Assorted Milk CH M 0001, CH M 0002, CH M 003, CH M 0004
	27	28	29	30	31
<b>W1</b>	Peanut Butter Grape Jelly Uncrustable Sandwich Box CH E 0054L 6 <sup>th</sup> – 8 <sup>th</sup> – offer (2M, 2G) CH E 0159L  <b>Carrot Dippers</b> (1 c. red/orange) w/ Ranch Dressing CH B 0006  <b>Mixed Fruit Cup (½ c. fruit)</b> CH F 0030 <b>Assorted Juice (½ c. fruit juice)</b> CH F 0011, CH F 0012, CH F 0010  Assorted Milk	Chicken Fajita Wrap (2M,2G) CH E 0077A  <b>Lettuce &amp; Tomato Cup</b> (¼ c. other, ¼ c. tomatoes) CH B 0053 <b>Pico de Gallo CH B 0089/CH B 0091</b> (½ c. red/orange)  <b>Applesauce Cup (½ c. fruit)</b> CH F 0007 <b>Strawberry Cup (½ c. fruit)</b> 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  <b>1c. Black Bean &amp; Corn Salsa</b> (½c. legume, ½ c. starch) CH B 0036  <b>Grape Escape (½ c. fruit)</b> CH F 0021 <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,	Bento Box: Egg, Cheese Cubes, Celery & Carrots, and Flatbread (2M, 1G, ¼ c. carrots, ¼ c. celery) CH E 0466L – ES/MS  HS – add <b>additional 1oz.</b> <b>flatbread (1G) CH D 0014</b>  <b>Broccoli Dippers</b> w/ Ranch Dressing (½ c. green) CH B 0022 <b>Orange Wedges (½ c. fruit)</b> CH F 0020 <b>Frozen Mixed Berry Cup</b> CH F 0073 (½ c. fruit)  Assorted Milk	Italian Deli Wrap (2.75M, 2G) CH E 0122L –ES/MS HS – add <b>Cheddar Goldfish (1G)</b> CH D 0071  ½ c. <b>Cucumber Dippers</b> w/ ¼ c. <b>Hummus (½ c. other) CH B 0232</b> – ES/MS/HS <b>Veggie Dippers</b> w/ Ranch (¼c. other, ¼ c. red/orange) CH B 0056 – MS/HS include this one.  <b>Apple (½ c. fruit)</b> CH F 0003/ CH F 0001 <b>Fruit Pearls (½ c. fruit) CH F 0016</b>

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CH M 0001, CH M 0002, CH M 0003, CH M 0004		CH M 0003, CH M 0004	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
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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; K8 do not offer juice as only fruit choice..

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