

# OCPS Hot Charter School Breakfast & Lunch Menu December 2023

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>	WGR Banana Bread Slice (2G) <b>CH D 0030</b> 100% Fruit Juice Blend (½c. juice) <b>CH F 0012</b> Applesauce Cup (½c. fruit) <b>CH F 0007</b> <b>Assorted Milk</b>	WGR Assorted Cereal Bars (2G) <b>CH D 0020/CH D 0021/ CH D 0027</b> 100% Apple Cherry Juice (½ c. fruit) <b>CH F 0016</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 (½c. juice) <b>CH F 0012</b> <b>Assorted Milk</b>	WGR Assorted Cereal Bars (2G) <b>CH D 0020/CH D 0021/ CH D 0027</b> 100% Apple Juice (½ c. juice) <b>CH F 0010</b> Peaches (½c. fruit) <b>CH 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>
	4	5	6	7	8
<b>W1</b>	WGR Mac N' Cheese (2M, 1G) <b>CH E 0045L – ES/MS</b>  WGR Mac N' Cheese w/ Nuggets (4M, 2G) <b>CH E 0043L – HS Only</b>  <b>Glazed Carrots</b> (½ c. red/orange) <b>CH B 0126</b> <b>Green Beans</b> (½ c. other) <b>CH B 0017</b> <b>Whole Apple (½ c. fruit)</b> <b>CH F 0003/ CH F 0001</b> <b>Assorted Juice (½c. fruit juice)</b> <b>CH F 0016, CH F 0012, CH F 0010</b>  Assorted Milk <b>CH M 0001, CH M 0002, CH M 0003, CH M 0004</b>	Chicken Sandwich on WGR Bun (2M, 3G) <b>CH E 0041L</b>  <b>Carrot Dippers w/ Ranch</b> (½ c. red/orange) <b>CH B 0005</b> <b>Lettuce &amp; Tomato Cup</b> <b>CH B 0053</b> (½ c. other, ½ c. red/orange)  <b>Strawberry Cup (½ c. fruit)</b> <b>CH F 0027</b> <b>Assorted Juice (½c. fruit juice)</b> <b>CH F 0016, CH F 0012, CH F 0010</b>  Assorted Milk <b>CH M 0001, CH M 0002, CH M 0003, CH M 0004</b>	Roasted Drumstick(s) (2M) <b>CH E 0308L/ CH E 0078L/ CH E 0233L/ CH E 0078L</b> <b>1c. Brown Rice (2G)</b> <b>CH D 0012</b>  <b>Black Beans</b> (½ c. legume) <b>CH B 0070</b> <b>Sweet Plantains (½c.)</b> <b>CH B 0109</b>  <b>Peaches (½ c. fruit)</b> <b>CH F 0026</b> <b>*Satsumas (½ c. fruit)</b> <b>CH F 0043</b>  Assorted Milk <b>CH M 0001, CH M 0002, 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>Fresh Steamed Broccoli</b> (½ c. green) <b>CH B 0060</b> <b>Coleslaw</b> (½ c. other) <b>CH B 0050</b>  <b>Banana (½ c. fruit)</b> <b>CH F 0022</b> <b>Diced Pears (½ c. fruit)</b> <b>CH F 0029</b>  Assorted Milk <b>CH M 0001, CH M 0002, CH M 0003, CH M 0004</b>	WGR 6" Personal Pan Pizza (2M,2G) <b>CH E 0495</b>  <b>Marinara Dipping Sauce</b> (½c. red/orange) <b>CH B 0037</b> <b>Italian Blend Veggies (½c. Other)</b> <b>CH B 0001</b>  <b>Peaches (½c. fruit)</b> <b>CH F 0026</b> <b>Applesauce (½c. fruit)</b> <b>CH F 0007</b>  Assorted Milk <b>CH M 0001, CH M 0002, CH M 0003, CH M 0004</b>
	11	12	13	14	15
<b>W2</b>	WGR Corn Dog (2M, 2G) <b>CH E 0100</b>  <b>Sweet Potato Waffles</b> (½c. red/orange) <b>CH B 0042</b> <b>Cool Tropics Berry, Berry Blue</b> (½c. Other juice) <b>CH F 0018</b>  <b>Peaches (½ c. fruit)</b> <b>CH F 0026</b> <b>Whole Apple (½ c. fruit)</b> <b>CH F 0003/ CH F 0001</b>  Assorted Milk <b>CH M 0001, CH M 0002, CH M 0003, CH M 0004</b>	BBQ Chicken Nachos w/ <b>WGR Corn Tortilla Chips</b> (2M, 2G) <b>CH E 0160 – ES Only</b>  BBQ Chicken Nachos w/ <b>WGR Corn Tortilla Chips</b> (3M, 2G) <b>CH E 0070 – HS/MS Only</b>  <b>Lettuce &amp; Tomato Cup</b> <b>CH B 0053</b> (½ c. other, ½ c. red/orange) <b>Pico de Gallo or Salsa Dipping Cup</b> (½ c. red/orange) <b>CH B 0091/ CH B 0072</b> <b>Strawberry Cup (½ c. fruit)</b> <b>CH F 0027</b> <b>Apple Slices (½ c. fruit)</b> <b>CH F 0004</b>  Assorted Milk	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 add</b>  <b>Roasted Garbanzo Beans</b> (½ c. legume) <b>CH B 0066</b> <b>Coleslaw (½ c. other)</b> <b>CH B 0050</b>  <b>Assorted Juice (½ c. fruit juice)</b> <b>CH F 0010, CH F 0016, CH F 0012</b> <b>*Satsumas (½ c. fruit)</b> <b>CH F 0043</b>  Assorted Milk <b>CH M 0001, CH M 0002, CH M 0003, CH M 0004</b>	Breaded Pork Chop (2M) <b>CH E 0360L</b> <b>Southern Biscuit (2G)</b> <b>D 0049</b>  <b>Sweet Corn Cobbett</b> (½c. starchy) <b>CH B 0035</b> <b>Garlic Spinach (½ c. green)</b> <b>CH B 0014</b>  <b>Banana (½ c. fruit)</b> <b>CH F 0022</b> <b>Applesauce (½ c. fruit)</b> <b>CH F 0007</b>  Assorted Milk <b>CH M 0001, CH M 0002, CH M 0003, CH M 0004</b>	WGR Orange Chicken (2M) <b>E 0113L</b> <b>½ c. Brown Fried Rice (1G) – CH D 0117 ES/MS Only</b> <b>1c. Brown Fried Rice (2G)</b> <b>CH D 0118 – HS Only</b>  <b>Roasted Broccoli &amp; Cauliflower</b> (½ c. other) <b>CH B 0074</b> <b>Asian Carrot Slaw</b> (½ c. red/orange) <b>CH B 0241</b>  <b>Apple Slices (½c. fruit)</b> <b>CH F 0004</b> <b>Strawberry Cup (½ c. fruit)</b> <b>CH F 0027</b>  Assorted Milk <b>CH M 0001, CH M 0002, 0003, 0004</b>

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This institution is an equal opportunity provider.

# OCPS Hot Charter School Breakfast & Lunch Menu December 2023

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.

	18	19	20	21 – Holiday Meal	22
<b>W3</b>	WGR Holiday Nuggets w/ WGR Dinner Roll (2M, 2G) <b>CH E 0125L</b>  Glazed Carrots (½ c. red/orange) <b>CH B 0126</b> Green Beans (½ c. other) <b>CH B 0017</b>  Whole Apple (½ c. fruit) <b>CH F 0003/ CH F 0001</b> Assorted Juice (½ c. fruit juice) <b>CH F 0016, CH F 0012, CH F 0010</b>  Assorted Milk <b>CH M 0001, CH M 0002, CH M 0003, CH M 0004</b>	Popcorn Chicken (2M,1G) <b>CH E 0066L – ES/MS Only</b>  Spicy Chicken Po’boy Sandwich (2M, 3G) <b>CH E 0225L – HS Only</b>  Lettuce & Tomato Cup <b>CH B 0053</b> (¼ c. other, ¼ c. red/orange) Seasoned Fries (½ c.) <b>CH B 0113</b>  Apple Slices (½ c. fruit) <b>CH F 0004</b> Strawberry Cup (½ c. fruit) <b>CH F 0027</b>  Assorted Milk <b>CH M 0001, CH M 0002, CH M 0003, CH M 0004</b>	Hamburger/Cheeseburger on WGR Bun (2.5M, 2G) <b>E 0094L/E 0090L</b>  Vegetarian Beans (½ c. legume) <b>CH B 0033</b> Steamed Broccoli (½ c. green) <b>CH B 0020</b>  Assorted Juice (½ c. fruit juice) <b>CH F 0016, CH F 0012, CH F 0010</b> Tangerine (½ c. fruit) <b>CH F 0045</b>  Assorted Milk <b>CH M 0001, CH M 0002, CH M 0003, CH M 0004</b>	Holiday Turkey Breast Slices (2M) <b>CH E 0058L</b> WGR Dinner Roll (1G) <b>CH D 0007 – MS/ES Only</b> WGR Dinner Rolls (2G) <b>CH D 0006 – HS Only</b> Mashed Potatoes (½ c.) w/ Gravy <b>CH B 0049/ C 0017</b> *Green Bean & Corn Medley (½ c. other) <b>CH B 1020</b> Diced Pears (½ c. fruit) <b>CH F 0029</b> Banana (½ c. fruit) <b>CH F 0022</b>  Assorted Milk <b>CH M 0001, CH M 0002, CH M 0003, CH M 0004</b>	WGR Four Cheese Pizza (2M, 2G) <b>CH E 0138L</b>  Italian Blend Vegetables (½ c. other) <b>CH B 0001</b> Marinara Dipping Sauce (½ c. red/orange) <b>CH B 0037</b>  Peaches (½ c. fruit juice) <b>CH F 0026</b> Applesauce (½ c. fruit) <b>CH F 0007</b>  Assorted Milk <b>CH M 0001, CH M 0002, CH M 0003, CH M 0004</b>
<b>W4</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>
<b>W1</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>

\*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 at lunch. At breakfast, both fruit options must be provided.

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	WGR Banana Bread Slice (2G) CH D 0030 100% Fruit Juice Blend (½ c. juice) CH F 0012 Applesauce Cup (½ c. fruit) CH F 0007 <b>Assorted Milk</b>	WGR Assorted Cereal Bars (2G) CH D 0020/CH D 0021/ CH D 0027 100% Apple Cherry Juice (½ c. juice) CH F 0016 Sliced Apples (½ c. fruit) CH F 0004 <b>Assorted Milk</b>	Strawberry or Peach Yogurt Parfait w/WGR Granola (2G, ½c. fruit) CH E 0029L/ CH E 0026 100% Fruit Juice Blend (½ c. juice) CH F 0012 <b>Assorted Milk</b>	WGR Assorted Cereal Bars (2G) CH D 0020/CH D 0021/ CH D 0027 100% Apple Juice (½ c. juice) CH F 0010 Peaches (½ c. fruit) CH D F 0026 <b>Assorted Milk</b>	WGR Cinnamon Bun (2G) CH E 0007B 100% Fruit Juice Blend (½ c. juice) CH F 0012 Orange Wedges (½ c. fruit) CH F 0020 <b>Assorted Milk</b>
	4	5	6	7	8
<b>W2</b>	<b>WGR Banana Bread</b> w/ Cheese Sticks (2M, 2G) CH E 0034L  <b>Carrot Dippers (1c. red/orange)</b> w/ Ranch Dressing CH B 0006 / CH C 0014  <b>Assorted Juice (½ c. fruit juice)</b> CH F 0010, CH F 0016, CH F 0012 <b>Whole Apple (½ c. fruit)</b> CH F 0003/ CH F 0001  <b>Assorted Milk</b> CH M 0001, CH M 0002, CH M 0003, CH M 0004	Chicken Taco Salad w/ <b>WGR Corn Tortilla Chips</b> CH E 0201L – K8 (2M, 2G, ¾c. other)  Chicken Taco Salad w/ <b>WGR Corn Tortilla Chips</b> CH E 0241L - HS (2.5M, 2G, 1.25c. vegetables)  <b>Corn Salsa (½c. starch)</b> CH B 0122  <b>Strawberry Cup (½ c. fruit)</b> CH F 0027 <b>Assorted Juice (½ c. fruit juice)</b> CH F 0016, CH F 0012, CH F 0010  <b>Assorted Milk</b> CH M 0001, CH M 0002, CH M 0003, CH M 0004	WGR Turkey & American Wrap CH E 0216L (2M, 2G)  <b>Garbanzo Bean Salad (½c. legume)</b> CH B 0100 <b>Coleslaw (½c. other)</b> CH B 0050  <b>Peaches (½ c. fruit)</b> CH F 0026 <b>*Satsumas (½c. fruit)</b> CH F 0043  <b>Assorted Milk</b> CH M 0001, CH M 0002, CH M 0003, CH M 0004	Hummus Platter w/ <b>WGR Wheat Crackers</b> CH E 0107L– K8 (2M, 2G, ¾c. red, ¾c. other)  Hummus Platter w/ <b>WGR Wheat Crackers</b> CH E 0012 – HS Only (2M, 2G, ¾c. red, ¾c. other) <b>WGR Honey Scooby Grahams (1G)</b> CH D 0202- HS Only  <b>Broccoli Dippers</b> w/ Ranch Dressing (½c. other) CH B 0022 <b>Banana (½ c. fruit)</b> CH F 0022 <b>Diced Pears (½ c. fruit)</b> CH F 0029  <b>Assorted Milk</b> CH M 0001, CH M 0002, CH M 0003, CH M 0004	2.6oz WGR PBJ Uncrustable Sandwich (1M,1G) CH E 0053L – ES Only  5.3oz WGR PBJ Uncrustable Sandwich (2M,2G) CH E 0152L – HS/MS  <b>Cucumber Dippers</b> w/ Ranch Dressing (½c. other) CH B 0013 <b>100% Mango Splash Vegetable Juice (½c. juice)</b> CH F 0013  <b>Applesauce (½ c. fruit)</b> CH F 0007 <b>Peaches (½ c. fruit)</b> CH F 0026  <b>Assorted Milk</b> CH M 0001, CH M 0002, CH M 0003, CH M 0004
	11	12	13	14	15
<b>W3</b>	WGR Yogurt Cool Pack Plus (2M,2G) CH E 0247L  <b>Cool Tropics Rips, Tropical Trio or Berry, Berry Blue (½. c. juice)</b> CH F 0048/ CH F 0018 <b>Carrot Dippers</b> w/ Ranch Dressing (½c. red/orange) CH B 0005  <b>Peaches (½ c. fruit)</b> CH F 0026 <b>Whole Apple (½ c. fruit)</b> CH F 0003/ CH F 0001  <b>Assorted Milk</b> CH M 0001, CH M 0002, CH M 0003, CH M 0004	2.6oz WGR PBJ Uncrustable Sandwich (1M,1G) CH E 0053L – ES Only  5.3oz WGR PBJ Uncrustable Sandwich (2M,2G) CH E 0152L – HS/MS  <b>Cucumber Salad (1 c. other)</b> CH B 0084  <b>Apple Slices (½ c. fruit)</b> CH F 0004 <b>Strawberry Cup (½ c. fruit)</b> CH F 0027  <b>Assorted Milk</b> CH M 0001, CH M 0002, CH M 0003, CH M 0004	WGR Chicken Fajita Wrap (2.25M, 2G) CH E 0077A  <b>1c. Black Bean &amp; Corn Salsa (½c. legume, ½ c. starch)</b> CH B 0036  <b>Assorted Juice (½c. fruit juice)</b> CH F 0016, CH F 0012, CH F 0010 <b>*Satsuma (½ c. fruit)</b> CH F 0043  <b>Assorted Milk</b> CH M 0001, CH M 0002, CH M 0003, CH M 0004	Egg, Yogurt, Carrot & <b>WGR 2oz. Flatbread</b> Box CH E 0554L (2.5M, 2G, ¾c. red/orange)  <b>Broccoli Dippers</b> w/ Ranch Dressing (½c. green) CH B 0022  <b>Banana (½ c. fruit)</b> CH F 0022 <b>Applesauce (½ c. fruit)</b> CH F 0007  <b>Assorted Milk</b> CH M 0001, CH M 0002, CH M 0003, CH M 0004	Turkey & American on <b>2oz. WGR Flatbread</b> (2M, 2G) CH E 0345L <b>WGR Bear Grahams Crackers (1G)</b> CH D 0070 – HS only  <b>Carrot Dippers</b> CH B 0005 (½c. red/orange) w/ Ranch Dressing <b>100% Mango Splash Vegetable Juice (½c. juice)</b> CH F 0013  <b>Apple Slices (½ c. fruit)</b> CH F 0004 <b>Strawberries (½ c. fruit)</b> CH F 0027  <b>Assorted Milk</b> CH M 0001, CH M 0002, CH M 0003, CH M 0004

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<b>W4</b>	WGR Turkey Deli Box (2M, 1G) <b>CH E 0235L</b> <b>WGR Goldfish Pretzels (1G)</b> CH D 0069 - All <b>Carrot Dippers</b> (1c. red/orange) w/ Ranch Dressing <b>CH B 0006 / CH C 0014</b> <b>Whole Apple (½c. fruit)</b> CH F 0003/ CH F 0001 <b>Assorted Juice (½ c. fruit juice)</b> CH F 0016, CH F 0012, CH F 0010  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	WGR Turkey & American Croissant (2M, 2G) <b>CH E 0312L</b>  <b>Lettuce &amp; Tomato Cup</b> (½ c. other, ¼c. red) <b>CH B 0053</b> <b>100% Mango Splash Vegetable Juice</b> (½ c. juice) <b>CH F 0013</b>  <b>Strawberry Cup (½ c. fruit)</b> CH F 0027 <b>Apple Slices (½ c. fruit) CH F 0004</b>  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	No Nut Butter Box <b>CH E 0237L</b> (pea protein cup, cheese, <b>WGR</b> <b>Crackers)</b> (2M, 2G)  <b>1c. Black Bean &amp; Corn Salsa</b> (½c. legume, ½ c. starch) CH B 0036  <b>Tangerine (½ c. fruit) CH F 0045</b> <b>Assorted Juice (½ c. fruit juice)</b> CH F 0016, CH F 0012, CH F 0010  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	5.3oz WGR PBJ Uncrustable Sandwich (2M,2G) <b>CH E 0152L – HS/MS</b>  <b>Garden Side Salad CH B 0055</b> (½c. other, ¼c. red/orange) <b>Broccoli Dippers</b> w/ Ranch (½c. green) <b>CH B 0022</b>  <b>Diced Pears (½ c. fruit) CH F 0029</b> <b>Banana (½ c. fruit) CH F 0022</b>  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Turkey & American on WGR Bun (2M,2G) <b>CH E 0254L</b> <b>WGR Cheddar Goldfish (1G) -</b> <b>CH D 0071 – HS Only</b>  <b>100% Mango Splash Vegetable</b> <b>Juice (½ c. juice) CH F 0013</b> <b>Cucumber &amp; Carrot Dippers w/</b> Ranch <b>CH B 0081</b> (½ c. other, ¼ c. red/orange)  <b>Peaches (½ c. fruit) CH F 0026</b> <b>Applesauce (½ c. fruit) CH F 0007</b>  Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
<b>W1</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>

2  
3

\*ES – Elementary School, MS – Middle School, HS – High School:  
 All Lunch menus, K8 & HS must provide 1 c. vegetables daily. HS menus must also provide both fruit options;  
 K-8 may offer only one fruit choice at lunch, but do not offer juice as only fruit choice.

6/27/2022 2:06 PM In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or **fax:** (833) 256-1665 or (202) 690-7442; or **email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.  
 05/05/2022