

OCPS Hot Charter School Breakfast & Lunch Menu April 2024

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	WGR Assorted Cereal Bars (2G) CH D 0020/CH D 0021/ CH D 0027A 100% Fruit Juice Blend (½c. juice) CH F 0012 Applesauce Cup (½c. fruit) CH F 0007 Assorted Milk	WGR Cinnamon or Strawberry Pop-tarts (2G) D 0041/ D 0040 100% Apple Cherry Juice (½ c. fruit) CH F 0016 Sliced Apples (½c. fruit) CH F 0004 Assorted Milk	Yogurt Cup w/ WGR Granola (2G) E 0010B 100% Apple Juice (½ c. juice) CH F 0010 Peaches (½c. fruit) CH F 0025 Assorted Milk	WGR Banana Bread Slice (2G) CH D 0030 Peaches (½c. fruit) CH F 0025 100% Apple Cherry Juice (½ c. fruit) CH F 0016 Assorted Milk	WGR Donut Holes (2G) CH D 0106 100% Fruit Juice Blend (½ cup juice) CH F 0012 Orange Wedges (½c. fruit) CH F 0020 Assorted Milk
	1	2	3	4	5
W1	Chicken Wings w/ Southern Biscuit (2M, 2G) CH E 0228L/ CH D 0049L Sweet Potato Waffles (½ c. red/orange) CH B 0042 Cool Tropics Rips, Tropical Trio or Berry, Berry Blue (½c. other juice) CH F 0048/ CH F 0018 Peach Cup (½ c. fruit) CH F 0025 Whole Apple (½ c. fruit) CH F 0003/ CH F 0001 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	WGR Homemade Cheese Pizza Slice (2M,2G) CH E 0062L Marinara Dipping Sauce (½c. red/orange) CH B 0037 Lettuce & Tomato Cup CH B 0053 (½ c. other, ½ c. red/orange) w/ Ranch Strawberry Cup (½ c. fruit) CH F 0027 Assorted Juice (½ c. fruit juice) CH F 0010, CH F 0016, CH F 0012 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Herb Roasted Chicken Thigh (2M) CH E 0650L WGR Brazilian Sweet Bun (1G) - CH D 0090 – ES/MS Only WGR Brazilian Sweet Buns (2G) - CH D 0057 – HS Only Garlic Spinach (½ c. green) CH B 0014 Roasted Garbanzo Beans (½ c. legume) CH B 0066 Frozen Peaches (½ c. fruit) CH F 0026 Diced Pears (½c. fruit) CH F 0029 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	WGR Popcorn Chicken (2M,1G) CH E 0066L WGR Dinner Roll (1G) CH D 0007- HS Only Corn (½ c. starch) CH B 0034 Roasted Broccoli & Cauliflower (½c. other) CH B 0074 Banana (½ c. fruit) CH F 0022 Assorted Juice (½ c. fruit juice) CH F 0010, CH F 0016, CH F 0012 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	WGR Garlic French Bread Pizza (2M,2G) CH E 0130L Marinara Dipping Sauce Cup (½c. red/orange) CH B 0037 Coleslaw (½ c. other) CH B 0050 Apple Slices (½c. fruit) CH F 0004 Diced Pears (½ c. fruit) CH F 0029 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004
	8	9	10	11	12
W2	WGR Chicken Sandwich (2M,3G) CH E 0041L Roasted Carrots (½c. red) CH B 0126 Green Beans (½ c. other) CH B 0017 Assorted Juice (½ c. fruit juice) CH F 0010, CH F 0016, CH F 0012 Watermelon Raisels (½ c. fruit) CH F 0028 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	WGR Cheese Pizza Rippers (2M, 2.25G) CH E 0333L Marinara Dipping Sauce (½c. red/orange) CH B 0037 100% Mango Splash Vegetable Juice (½ c. other juice) CH F 0013 Peaches (½ c. fruit) CH F 0025 Sliced Apples (½ c. fruit) CH F 0004 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Sofrito Drumstick (2M) CH E 0308L ½ c. Brown Rice (1G) CH D 0011 – ES/MS Only Sofrito Drumstick w/ 1c. Brown Rice (2M,2G) CH E 0308L/ CH D 0012 – HS Only Black Beans (½ c. legume) CH B 0070 Yellow Plantains (½c.) CH B 0109 Strawberries (½c. fruit) CH F 0046 Peach Cup (½ c. fruit) CH F 0025 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	WGR Hamburger/Cheeseburger (2.5M, 2G) CH E 0094L/ CH E 0090L Steamed Broccoli (½ c. green) CH B 0060 Cool Tropics Rips, Tropical Trio or Berry, Berry Blue (½c. other juice) CH F 0048/ CH F 0018 Banana (½c. fruit) CH F 0022 Applesauce Cup (½ c. fruit) CH F 0007 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	WGR Asian Tangerine Chicken (2M, 0.5G) CH E 0139L ½ c. Brown Rice (1G) CH D 0117 – K8 1c. Brown Fried Rice (2G) CH D 0118 – HS Only Asian Carrot Slaw (½ c. red/orange) CH B 0241 Cucumber Dipper w/ Ranch (½ c. other) CH B 0013 Mixed Fruit (½c. fruit) CH F 0031 Diced Pears (½ c. fruit) CH F 0029 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004

2/28/2024 10:01:48 AM 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

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	15	16	17	18	19
W3	<p>WGR Garlic French Bread Pizza (2M,2G) CH E 0130L</p> <p>Marinara Dipping Sauce (½c. red/orange) CH B 0037</p> <p>Cool Tropics Rips, Tropical Trio or Berry, Berry Blue (½c. other juice) CH F 0048/ CH F 0018</p> <p>Diced Pears (½ c. fruit) CH F 0029</p> <p>Whole Apple (½c. fruit) CH F 0003/ CH F 0001</p> <p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>	<p>Beef Nachos w/ Cheese Sauce & WGR Corn Tortilla Chips CH E 00190L (1.75M, 2G) – ES/MS Only</p> <p>Beef Nachos w/ Cheese Sauce & WGR Corn Tortilla Chips (2.5M, 2G) CH E 00189L – HS Only</p> <p>Salsa Dipping Cup (½c. red/orange) CH B 0072</p> <p>Lettuce & Tomato Cup CH B 0053 (½ c. other, ¼ c. red/orange)</p> <p>Strawberry Cup (½ c. fruit) CH F 0027</p> <p>Assorted Juice (½c. fruit juice) CH F 0016, CH F 0012, CH F 0010</p> <p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>	<p>Hot Dog on WGR Bun (2M, 2G) CH E 0363L/CH E0060L</p> <p>WGR Honey Scooby Grahams (1G) CH D 0202 – HS only Add</p> <p>Spicy Roasted Garbanzo Beans (½ c. legume) CH B 0066</p> <p>Garlic Spinach (½c. green) CH B 0014</p> <p>Peaches (½c. fruit) CH F 0026</p> <p>Applesauce (½c. fruit) CH F 0007</p> <p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>	<p>WGR Chicken Sandwich (2M,3G) CH E 0041L</p> <p>Steamed Corn (½c.) CH B 0034</p> <p>Roasted Broccoli & Cauliflower (½c. other) CH B 0074</p> <p>Banana (½c. fruit) CH F 0022</p> <p>Assorted Juice (½c. fruit juice) CH F 0016, CH F 0012, CH F 0010</p> <p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>	<p>WGR 6" Personal Pan Pizza (2M,2G) CH E 0495</p> <p>Marinara Dipping Sauce (½c. red/orange) CH B 0037</p> <p>Carrot Dippers w/ Ranch (½ c. red/orange) CH B 0005</p> <p>Apple Slices (½ c. fruit) CH F 0004</p> <p>Diced Pears (½ c. fruit) CH F 0029</p> <p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>
	22	23	24	25	26
W4	<p>WGR Mac N' Cheese (2M, 1G) CH E 0045L – ES/MS</p> <p>WGR Mac Cheesy Chicken Sandwich (2.5M, 3G) CH E 0576L – HS Only</p> <p>Roasted Carrots (½ c. red/orange) CH B 0126</p> <p>Green Beans (½ c. other) CH B 0017</p> <p>Watermelon Raisels (½ c. fruit) CH F 0028</p> <p>Assorted Juice (½c. fruit juice) CH F 0016, CH F 0012, CH F 0010</p> <p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>	<p>WGR Spicy Chicken Po'boy Sandwich (2M, 3G) CH E 0225L</p> <p>Pico de Gallo (½ c. red/orange) CH B 0091</p> <p>Lettuce & Tomato Cup (½ c. other, ¼ c. red/orange) CH B 0053</p> <p>Peaches (½ c. fruit) CH F 0025</p> <p>Apple Slices (½ c. fruit) CH F 0004</p> <p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>	<p>BBQ Roasted Drumstick (2M) E 0233L</p> <p>½c. Brown Rice (1G) CH D 0011- ES/MS Only</p> <p>1c. Brown Rice (2G) CH D 0012- HS Only</p> <p>Black Beans (½ c. legume) CH B 0070</p> <p>Sweet Plantains (½c.) CH B 0109</p> <p>Applesauce (½c. fruit) CH F 0007</p> <p>Strawberries (½ c. fruit) CH F 0046</p> <p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>	<p>WGR Pancakes & Sausage Links Platter (2M, 2G) CH E 0586L – All</p> <p>Fresh Steamed Broccoli (½ c. green) CH B 0060</p> <p>Cool Tropics Rips, Tropical Trio or Berry, Berry Blue (½c. other juice) CH F 0048/ CH F 0018</p> <p>Diced Pears (½ c. fruit) CH F 0029</p> <p>Banana (½ c. fruit) CH F 0022</p> <p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>	<p>WGR Cheese Pizza Rippers (2M, 2.25G) CH E 0333L</p> <p>Marinara Dipping Cup (½ c. red/orange) CH B 0037</p> <p>Cucumber Dippers (½ c. other) w/ Ranch CH B 0013</p> <p>Mixed Fruit (½c. fruit) CH F 0031</p> <p>Banana (½ c. fruit) CH F 0022</p> <p>Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004</p>
	29	30	1-May	2	3
W1	<p>Chicken Wings w/ Southern Biscuit (2M, 2G) CH E 0233L/ CH D 0049L</p> <p>Sweet Potato Waffles (½ c. red/orange) CH B 0042</p> <p>Cool Tropics Rips, Tropical Trio or Berry, Berry Blue (½c. other juice)</p>	<p>WGR Homemade Cheese Pizza Slice (2M,2G) CH E 0062L</p> <p>Marinara Dipping Sauce (½c. red/orange) CH B 0037</p> <p>Lettuce & Tomato Cup CH B 0053 (½ c. other, ¼ c. red/orange)</p> <p>Strawberry Cup (½ c. fruit) CH F 0027</p>	<p>Herb Roasted Chicken Thigh (2M) CH E 0650L</p> <p>WGR Brazilian Sweet Bun (1G) - CH D 0090 – ES/MS Only</p> <p>WGR Brazilian Sweet Buns (2G) - CH D 0057 – HS Only</p> <p>Garlic Spinach (½ c. green) CH B 0014</p> <p>Roasted Garbanzo Beans</p>	<p>WGR Popcorn Chicken (2M,1G) CH E 0066L</p> <p>WGR Dinner Roll (1G) CH D 0049 - HS Only</p> <p>Corn (½ c. starch) CH B 0034</p> <p>Roasted Broccoli & Cauliflower (½c. other) CH B 0074</p>	<p>WGR Garlic French Bread Pizza (2M,2G) CH E 0130L</p> <p>Marinara Dipping Sauce Cup (½c. red/orange) CH B 0037</p> <p>Coleslaw (½ c. other) CH B 0050</p> <p>Apple Slices (½c. fruit) CH F 0004</p>

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CH F 0048/ CH F 0018 Peach Cup (½ c. fruit) CH F 0025 Whole Apple (½ c. fruit) CH F 0003/ CH F 0001 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Assorted Juice (½ c. fruit juice) CH F 0010, CH F 0016, CH F 0012 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	(½ c. legume) CH B 0066 Frozen Peaches (½ c. fruit) CH F 0026 Diced Pears (½c. fruit) CH F 0029 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Banana (½ c. fruit) CH F 0022 Assorted Juice (½ c. fruit juice) CH F 0010, CH F 0016, CH F 0012 Assorted Milk CH M 0001, CH M 0002, CH M 0003, CH M 0004	Diced Pears (½ c. fruit) CH F 0029 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. At breakfast, both fruit options must be provided.