Ocean Charter School

November 2024 Breakfast and Lunch Menu

SNY			November 2024 Breakfast and Lunch Men		
SCHOOL NU	TRITION PLUS Monday	Tuesday	Wednesday	Thursday	Grades TK - 8th Friday
BREAKFAST					<u> </u>
HOT LUNCH					NO SCHOOL
VEGETARIAN					
	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
BREAKFAST	Cinnamon Crumble	Turkey Sausage & Egg Burrito	Banana Muffin	Overnight Oats	Egg and Cheese Biscuit
HOT LUNCH	Cheese Tamale with Lime Coleslaw	Oven Baked Grilled Cheese Sandwich with Street Corn	Caesar Chicken Wrap with Salad	Chicken Tenders with Mashed Potatoes and Carrots	Turkey Corn Dog with Fries
VEGETARIAN			Tofu Caesar Wrap with Salad	Vegetarian Tenders with Mashed Potatoes and Carrots	Vegetarian Corn Dog with Fries
	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>
BREAKFAST	Double Chocolate Muffin	French Toast with Turkey Sausage	Cereal with Graham Crackers	Yogurt Parfait	Bagel Turkey Sausage Sandwich
HOT LUNCH	Soybutter Sandwich with Carrots	Bean, Rice and Cheese Burrito with — Salad	Southwest Chicken Wrap with Salad	Creamy Roasted Garlic Zucchini and Corn Pasta with Coleslaw	BBQ Chicken with Mac and Cheese and BBQ Beans
VEGETARIAN			Southwest Tofu Wrap with Salad	Creamy Roasted Garlic Zucchini and Corn Pasta with Coleslaw	BBQ Tofu with Mac and Cheese and BBQ Beans
	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>
BREAKFAST	Blueberry Crumble	Turkey Sausage & Egg Burrito	Concha	Overnight Oats	Turkey Ham and Cheese Croissant
COLD LUNCH	Chipotle Plant Based Chicken Sandwich — with Broccoli	Ham and Cheese Sub with Carrots	Southwest Chicken Fajita Salad	Buffalo Chicken Wrap with Broccoli	Crispy Chicken Wrap with Carrots
VEGETARIAN		Soybutter Sandwich with Carrots	Southwest Tofu Fajita Salad	Buffalo Tofu Wrap with Broccoli	Herb Tofu Wrap with Carrots
	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>
BREAKFAST					
HOT LUNCH	THANKSGIVING BREAK				
VEGETARIAN					
	*Plain 1% low-fat milk or non-fat milk and fresh fruit are offered with each meal.				