



SCHOOL NUTRITION PLUS

Ocean Charter School

December 2024 Breakfast and Lunch Menu

Grades TK - 8th

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
BREAKFAST	Corn Flakes Cereal	Raisin Bran Cereal	Rice Crispy Cereal	Oatmeal w/ Chopped Fruit	Turkey Sausage and Cheese Bagel
HOT LUNCH	<u>Meatless Monday:</u> Veggie Patty Sandwich with Fries	Burrito with Street Corn	<u>Sacked Lunch:</u> BBQ Chicken Wrap	Popcorn Chicken w/ Mashed Potato	Oven Baked Grilled Cheese Sandwich w/ Baked Beans
VEGETARIAN		Burrito with Street Corn	BBQ Tofu Wrap	Meatless Chicken Tenders w/ Mashed Potato	
	9	10	11	12	13
BREAKFAST	Raisin Bran Cereal	Turkey Sausage and Cheese English Muffin	Corn Flakes Cereal	Oatmeal w/ Chopped Fruit	Bagel with Cream Cheese
HOT LUNCH	<u>Meatless Monday:</u> Pizza Bagel with Carrots	Ground Turkey Hard Shell Taco with Beans	<u>Sacked Lunch:</u> Caesar Chicken Wrap	Cajun Chicken Leg w/ Southern Cabbage and Rice	Crispy Chicken Sandwich with Corn
VEGETARIAN		Veggie Crumble Hard Shell Taco with Beans	Caesar Tofu Wrap	Meatless Chicken Tenders w/ Southern Cabbage and Rice	Veggie Patty Sandwich with Corn
	16	17	18	19	20
BREAKFAST	Rice Crispy Cereal	Breakfast Burrito	Corn Flakes Cereal	Oatmeal w/ Chopped Fruit	Turkey Sausage and Cheese English Muffin
HOT LUNCH	<u>Meatless Monday:</u> Meatless Chicken Tenders w/ Fries	Teriyaki Chicken w/ Rice and Asian Slaw	<u>Sacked Lunch:</u> Southwest Chicken Wrap	Chicken Tinga Hardshell Taco w/ Beans	<u>Sacked Lunch:</u> Ham and Cheese Sandwich w/ Carrots
VEGETARIAN		Teriyaki Veggie Crumble w/ Rice and Asian Slaw	Southwest Veggie Wrap	Tofu Crumble Hardshell Taco w/ Beans	Tomato and Cheese Sandwich w/ Carrots
BREAKFAST	<h2>HOLIDAY BREAK</h2>				
HOT LUNCH					
VEGETARIAN					
BREAKFAST	<h2>HOLIDAY BREAK</h2>				
HOT LUNCH					
VEGETARIAN					

*Plain 1% low-fat milk or non-fat milk and fresh fruit are offered with each meal.

This institution is an equal opportunity provider and employer.