

Ocean Charter School

Fehr

ruary	2023	Breakfast	and	Lunch
		Menu Gi	rades	K-8th

SCHOOLNOTT	Monday	Tuesday	Wednesday	Thursday	Friday
	<u>3</u>	<u>4</u>	<u>5</u>	<u>_6</u>	<u>7</u>
BREAKFAST	Corn Flakes w/ Graham Crackers	Turkey Sausage Burrito	Crispy Rice Cereal w/ Graham Crackers	Oatmeal w/ Chopped Fruit	French Toast and Turkey Sausage
LUNCH	MEATLESS MONDAY	Chicken Spaghetti w/ Breadstick and	SACKED LUNCH:	Chicken Soft Taco and Beans	
	Veggie Chicken Tenders, Fries	Slaw	Turkey Ham and Cheese Sandwich		Pizza Bagel and Salad
VEGETARIAN	and Dinner roll	Spaghetti Marinara w/ Breadstick and Slaw	Tomato and Cheese Sandwich	Tofu Soft Taco and Beans	
	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>
BREAKFAST	10 Corn Flakes with Graham Crackers	11 Turkey Ham and Cheese English Muffin	<u>12</u> Raisin Brand w/ Graham Crackers	13 Oatmeal w/ Chopped Fruit	14 Chicken & Cheese Biscuit
BREAKFAST LUNCH	Corn Flakes with	Turkey Ham and Cheese English Muffin	Raisin Brand		Chicken &
	Corn Flakes with Graham Crackers	Turkey Ham and Cheese English Muffin Bean and Cheese Burrito with Street	Raisin Brand w/ Graham Crackers	Oatmeal w/ Chopped Fruit Popcorn Chicken	Chicken & Cheese Biscuit Corn Dog
	Corn Flakes with Graham Crackers MEATLESS MONDAY	Turkey Ham and Cheese English Muffin Bean and Cheese	Raisin Brand w/ Graham Crackers SACKED LUNCH:	Oatmeal w/ Chopped Fruit Popcorn Chicken w/ Mashed Potato and	Chicken & Cheese Biscuit Corn Dog
LUNCH	Corn Flakes with Graham Crackers MEATLESS MONDAY Grilled Cheese Sandwich w/	Turkey Ham and Cheese English Muffin Bean and Cheese Burrito with Street	Raisin Brand w/ Graham Crackers SACKED LUNCH: Buffalo Chicken Wrap Veggie Crumble Buffalo	Oatmeal w/ Chopped Fruit Popcorn Chicken w/ Mashed Potato and BBQ Beans Veggie Tenders w/ Mashed Potato	Chicken & Cheese Biscuit Corn Dog w/ Carrots Veggie Corn Dog

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BREAKFAST	Crispy Rice w/ Graham Crackers	French Toast and Apple Compote	Corn Flakes w/ Graham Crackers	Oatmeal w/ Chopped Fruit	Country Biscuit w/ Sausage Gravy
LUNCH	MEATLESS MONDAY: Veggie Chicken	Bean and Cheese Burrito w/ Street Corn	SACKED LUNCH: Chicken Salad Sandwich	BBQ Chicken w/ Rice & Warm Southern Slaw	Corn Dog w/ Carrots
VEGETARIAN	Tenders w/ Dinner Roll and Carrots		Tomato and Cheese Sandwich	BBQ Tofu w/ Rice and Warm Southern Slaw	Veggie Corn Dog w/ Carrots

*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