



SCHOOL NUTRITION PLUS

# Ocean Charter School

March 2025 Breakfast and Lunch Menu

Grades TK - 8th

	Monday <u>3</u>	Tuesday <u>4</u>	Wednesday <u>5</u>	Thursday <u>6</u>	Friday <u>7</u>
BREAKFAST	Corn Flakes with Graham Crackers	Ham and Cheese Croissant	Crispy Rice Cereal with Graham Crackers	Oatmeal with Chopped Fruit	Chicken and Cheese Biscuit
HOT LUNCH	<b>SACKED LUNCH:</b> Turkey Ham and Cheese Sandwich with Carrots	<b>SACKED LUNCH:</b> Chicken Cilantro Caesar Wrap	<b>SACKED LUNCH:</b> Buffalo Chicken Wrap with Carrots	Chicken Fajitas Soft Taco and Beans	Pizza Bagel with Salad
VEGETARIAN	Tomato and Cheese Sandwich w/ Carrots	Tofu Cilantro Caesar Wrap	Buffalo Tofu Wrap with Carrots	Tofu Soft Taco and Beans	Pizza Bagel with Salad
	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>
BREAKFAST	Rasin Bran with Graham Crackers	Breakfast Burrito	Corn Flakes with Graham Crackers	Oatmeal with Chopped Fruit	French Toast and Sausage
HOT LUNCH	Chicken Patty Sandwich and Potatoes	Three Cheese Mac with Salad	<b>SACKED LUNCH</b> BBQ Chicken Sandwich	Chicken with Mashed Potato, BBQ Beans and Dinner Roll	Bean and Cheese Burrito with Street Corn
VEGETARIAN	Veggie Patty Sandwich and Potatoes		BBQ Tofu Sandwich	Vegetarian Tenders with Mashed Potato, BBQ Beans and Dinner Roll	
	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
BREAKFAST	Crispy Rice Cereal with Graham Crackers	Waffle and Sausage	Corn Flakes with Graham Crackers	Oatmeal with Chopped Fruit	Ham and Cheese Croissant
HOT LUNCH	Chicken Pasta with Zucchini Pesto and Salad	Turkey Chili with Carrots and Corn Bread	<b>SACKED LUNCH:</b> Chicken Cilantro Caesar Wrap	Tuscan Chicken Mac and Cheese with Cucumber	Grilled Cheese Sandwich with Fries
VEGETARIAN	Veggie Pasta with Zucchini Pesto and Salad	Vegetarian Chili with Carrots and Corn Bread	Tofu Cilantro Caesar Wrap	Tuscan Vegetarian Mac and Cheese with Cucumber	
	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>
BREAKFAST	Rasin Bran with Graham Crackers	Pancake and Sausage Stick	Crispy Rice Cereal with Graham Crackers	Oatmeal with Chopped Fruit	
HOT LUNCH	Turkey Hot Dog with Carrots	Three Cheese Mac with Salad	<b>SACKED LUNCH:</b> Buffalo Chicken Wrap with Carrots	Chicken with Mashed Potato, BBQ Beans and Dinner Roll	NO SCHOOL
VEGETARIAN	Veggie Hot Dog with Carrots		Buffalo Tofu Wrap with Carrots	Vegetarian Tenders with Mashed Potato, BBQ Beans and Dinner Roll	

\*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.