

# Great Oaks Charter School

## Cold Alternate Menu Grades 9-12

### September 2022

| MONDAY               |         | TUESDAY              |         | WEDNESDAY            |         | THURSDAY              |         | FRIDAY                     |         |
|----------------------|---------|----------------------|---------|----------------------|---------|-----------------------|---------|----------------------------|---------|
|                      |         |                      |         |                      |         | 1                     |         | 2                          |         |
|                      |         |                      |         |                      |         | Buffalo Chicken       | 1/2 cup | Sunbutter & Jelly Sandwich | 1 ea    |
|                      |         |                      |         |                      |         | Fresh Baby Carrots    | 1/2 cup | Romaine Salad              | 1 cup   |
|                      |         |                      |         |                      |         | Chickpea Salad        | 1/2 cup | Tomatoes                   | 1/4 cup |
|                      |         |                      |         |                      |         | WG Tortilla           | 1 each  | Cucumber Slices            | 1/4 cup |
|                      |         |                      |         |                      |         | Graham Crackers       | 1 pkt   | Diced Peaches              | 1/2 cup |
|                      |         |                      |         |                      |         | Fresh Seasonal Fruit  | 1 each  | 100% Fruit Juice           | 4 oz    |
|                      |         |                      |         |                      |         | 100% Fruit Juice      | 4 oz    | Choice of Milk             | 8 oz    |
|                      |         |                      |         |                      |         | Choice of Milk        | 8 oz    | Italian Dressing           | 1 each  |
|                      |         |                      |         |                      |         | Ranch Dressing        | 1 each  |                            |         |
| 5                    |         | 6                    |         | 7                    |         | 8                     |         | 9                          |         |
| Closed for Holiday   |         | Chicken Salad        | 1/2 cup | Sliced Turkey Breast | 2.5 oz  | Chef Salad            |         | Sunbutter & Jelly Sandwich | 1 ea    |
|                      |         | Tomato Salad         | 1/2 cup | Swiss Cheese         | 0.5 oz  | (Turkey)              | 2 oz    | Fresh Baby Carrots         | 1/2 cup |
|                      |         | Mixed Bean Salad     | 1/2 cup | Corn Salad           | 1/2 cup | (Shredded Cheese)     | 1 oz    | Cucumber Slices            | 1/2 cup |
|                      |         | WG Kaiser Bun        | 1 ea    | Coleslaw             | 1/2 cup | (Romaine)             | 1 cup   | Mixed Fruit                | 1/2 cup |
|                      |         | Applesauce           | 1/2 cup | WG Tortilla          | 1 each  | (Tomatoes)            | 1/4 cup | 100% Fruit Juice           | 4 oz    |
|                      |         | 100% Fruit Juice     | 4 oz    | Graham Crackers      | 1 pkt   | (Carrots)             | 1/4 cup | Choice of milk             | 8 oz    |
| Choice of Milk       | 8 oz    | Fresh Seasonal Fruit | 1 ea    | Dinner Roll          | 2 each  | Ranch Dressing        | 1 each  |                            |         |
|                      |         |                      |         | 100% Fruit Juice     | 4 oz    | Diced Pears           | 1/2 cup |                            |         |
|                      |         |                      |         | Choice of milk       | 8 oz    | 100% Fruit Juice      | 4 oz    |                            |         |
|                      |         |                      |         | Mustard              | 1 each  | Choice of milk        | 8 oz    |                            |         |
|                      |         |                      |         |                      |         | Italian Dressing      | 1 each  |                            |         |
| 12                   |         | 13                   |         | 14                   |         | 15                    |         | 16                         |         |
| Egg Salad            | 1/2 cup | Turkey Ham           | 2 oz    | Chicken Salad        | 1/2 cup | Honey Mustard Chicken | 1/2 cup | Sunbutter & Jelly Sandwich | 1 ea    |
| Fresh Baby Carrots   | 1/2 cup | American Cheese      | 1 oz    | Tomato Salad         | 1/2 cup | Chickpea Salad        | 1/2 cup | Romaine Salad              | 1 cup   |
| Three Bean Salad     | 1/2 cup | Potato Salad         | 1/2 cup | Coleslaw             | 1/2 cup | Corn Salad            | 1/2 cup | Tomatoes                   | 1/2 cup |
| WG Bread             | 2 each  | Broccoli Salad       | 1/2 cup | WG Bread             | 2 each  | WG Tortilla           | 1 each  | Fresh Seasonal Fruit       | 1 ea    |
| Diced Peaches        | 1/2 cup | WG Kaiser Bun        | 1 each  | Fresh Seasonal Fruit | 1 ea    | Graham Crackers       | 1 pkt   | 100% Fruit Juice           | 4 oz    |
| 100% Fruit Juice     | 4 oz    | Mixed Fruit          | 1/2 cup | 100% Fruit Juice     | 4 oz    | Diced Pears           | 1/2 cup | Choice of Milk             | 8 oz    |
| Choice of milk       | 8 oz    | 100% Fruit Juice     | 4 oz    | Choice of milk       | 8 oz    | 100% Fruit Juice      | 4 oz    | Italian Dressing           | 1 each  |
| Ranch Dressing       | 1 each  | Choice of milk       | 8 oz    |                      |         | Choice of milk        | 8 oz    |                            |         |
|                      |         | Mustard              | 1 each  |                      |         |                       |         |                            |         |
| 19                   |         | 20                   |         | 21                   |         | 22                    |         | 23                         |         |
| Cold Grilled Chicken | 1 ea    | Turkey Breast        | 2 oz    | Chef Salad           |         | Chicken Salad         | 1/2 cup | Sunbutter & Jelly Sandwich | 1 ea    |
| Potato Salad         | 1/2 cup | American Cheese      | 1 oz    | (Turkey)             | 2 oz    | Baby Carrots          | 1/2 cup | Iceberg Salad              | 1.5 cup |
| Fresh Broccoli       | 1/2 cup | Tomato Salad         | 1/2 cup | (Shredded Cheese)    | 1 oz    | Cole Slaw             | 1/2 cup | Cucumber Slices            | 1/4 cup |
| WG Kaiser Bun        | 1 each  | Chickpea Salad       | 1/2 cup | (Romaine)            | 1 cup   | WG Bread              | 2 each  | Mixed Fruit                | 1/2 cup |
| Mandarin Oranges     | 1/2 cup | WG Sub Roll          | 1 each  | (Tomatoes)           | 1/4 cup | Diced Pears           | 1/2 cup | 100% Fruit Juice           | 4 oz    |
| 100% Fruit Juice     | 4 oz    | Mixed Fruit          | 1/2 cup | (Carrots)            | 1/4 cup | 100% Fruit Juice      | 4 oz    | Choice of milk             | 8 oz    |
| Choice of milk       | 8 oz    | 100% Fruit Juice     | 4 oz    | Dinner Roll          | 2 each  | Choice of milk        | 8 oz    | Ranch Dressing             | 1 each  |
| Ranch Dressing       | 1 each  | Choice of milk       | 8 oz    | Fresh Seasonal Fruit | 1 each  | Ranch Dressing        | 1 each  |                            |         |
|                      |         | Italian dressing     | 1 pkt   | 100% Fruit Juice     | 4 oz    |                       |         |                            |         |
|                      |         |                      |         | Choice of Milk       | 8 oz    |                       |         |                            |         |
|                      |         |                      |         | Italian Dressing     | 1 each  |                       |         |                            |         |
| 26                   |         | 27                   |         | 28                   |         | 29                    |         | 30                         |         |
| Chicken Patty        | 1 each  | Egg Salad            | 1/2 cup | Sliced Turkey Breast | 2.5 oz  | Chicken Salad         | 1/2 cup | Sunbutter & Jelly Sandwich | 1 ea    |
| Three Bean Salad     | 3/4 cup | Broccoli salad       | 1/2 cup | Swiss Cheese         | 0.5 oz  | Mixed Bean Salad      | 1/2 cup | Iceberg Salad              | 1.5 cup |
| Fresh Baby Carrots   | 1/4 cup | Tomato Salad         | 1/2 cup | Corn Salad           | 3/4 cup | Potato Salad          | 1/2 cup | Tomatoes                   | 1/4 cup |
| WG Hamburger Bun     | 1 ea    | WG Kaiser Bun        | 1 ea    | Fresh Baby Carrots   | 1/4 cup | WG Kaiser Bun         | 1 ea    | Fresh Seasonal Fruit       | 1 each  |
| Fresh Seasonal Fruit | 1 ea    | Diced Pears          | 1/2 cup | WG Bread             | 2 ea    | Mandarin Oranges      | 1/2 cup | 100% Fruit Juice           | 4 oz    |
| 100% Fruit Juice     | 4 oz    | 100% Fruit Juice     | 4 oz    | Applesauce           | 1/2 cup | 100% Fruit Juice      | 4 oz    | Choice of Milk             | 8 oz    |
| Choice of Milk       | 8 oz    | Choice of Milk       | 8 oz    | 100% Fruit Juice     | 4 oz    | Choice of Milk        | 8 oz    | Ranch Dressing             | 1 each  |
| Ranch Dressing       | 1 each  |                      |         | Choice of Milk       | 8 oz    |                       |         |                            |         |
| BBQ Sauce            | 1 ea    |                      |         | Mustard              | 1 each  |                       |         |                            |         |
|                      |         |                      |         | Ranch Dressing       | 1 each  |                       |         |                            |         |

# Great Oaks Charter School

## Cold Alternate Menu Grades 9-12

### October 2022

| MONDAY                    |         | TUESDAY              |         | WEDNESDAY            |         | THURSDAY              |         | FRIDAY                     |         |
|---------------------------|---------|----------------------|---------|----------------------|---------|-----------------------|---------|----------------------------|---------|
| <b>3</b>                  |         | <b>4</b>             |         | <b>5</b>             |         | <b>6</b>              |         | <b>7</b>                   |         |
| Egg Salad                 | 1/2 cup | Cold Grilled Chicken | 1 ea    | Turkey Ham           | 2 oz    | Buffalo Chicken       | 1/2 cup | Sunbutter & Jelly Sandwich | 1 ea    |
| Fresh Baby Carrots        | 1/2 cup | Tomatoes             | 1/4 cup | American Cheese      | 1 oz    | Fresh Baby Carrots    | 1/2 cup | Romaine Salad              | 1 cup   |
| Coleslaw                  | 1/2 cup | Iceberg Salad        | 3/4 cup | Cucumber Slices      | 1/2 cup | Chickpea Salad        | 1/2 cup | Tomatoes                   | 1/4 cup |
| WG Bread                  | 2 ea    | WG Kaiser Bun        | 1 ea    | Potato Salad         | 1/2 cup | WG Tortilla           | 1 each  | Cucumber Slices            | 1/4 cup |
| Fresh Seasonal Fruit      | 1 ea    | Mixed Fruit          | 1/2 cup | WG Bread             | 2 ea    | Graham Crackers       | 1 pkt   | Diced Peaches              | 1/2 cup |
| 100% Fruit Juice          | 4 oz    | 100% Fruit Juice     | 4 oz    | Applesauce           | 1/2 cup | Fresh Seasonal Fruit  | 1 each  | 100% Fruit Juice           | 4 oz    |
| Choice of milk            | 8 oz    | Choice of milk       | 8 oz    | 100% Fruit Juice     | 4 oz    | 100% Fruit Juice      | 4 oz    | Choice of Milk             | 8 oz    |
| Ranch Dressing            | 1 each  | BBQ Sauce            | 1 ea    | Choice of milk       | 8 oz    | Choice of Milk        | 8 oz    | Italian Dressing           | 1 each  |
|                           |         | Ranch Dressing       | 1 each  | Mustard              | 1 each  | Ranch Dressing        | 1 each  |                            |         |
|                           |         |                      |         | Ranch Dressing       | 1 each  |                       |         |                            |         |
| <b>10</b>                 |         | <b>11</b>            |         | <b>12</b>            |         | <b>13</b>             |         | <b>14</b>                  |         |
| <b>Closed for Holiday</b> |         | Chicken Salad        | 1/2 cup | Sliced Turkey Breast | 2.5 oz  | Chef Salad            |         | Sunbutter & Jelly Sandwich | 1 ea    |
|                           |         | Tomato Salad         | 1/2 cup | Swiss Cheese         | 0.5 oz  | (Turkey)              | 2 oz    | Fresh Baby Carrots         | 1/2 cup |
|                           |         | Mixed Bean Salad     | 1/2 cup | Corn Salad           | 1/2 cup | (Shredded Cheese)     | 1 oz    | Cucumber Slices            | 1/2 cup |
|                           |         | WG Kaiser Bun        | 1 ea    | Coleslaw             | 1/2 cup | (Romaine)             | 1 cup   | Mixed Fruit                | 1/2 cup |
|                           |         | Applesauce           | 1/2 cup | WG Tortilla          | 1 each  | (Tomatoes)            | 1/4 cup | 100% Fruit Juice           | 4 oz    |
|                           |         | 100% Fruit Juice     | 4 oz    | Graham Crackers      | 1 pkt   | (Carrots)             | 1/4 cup | Choice of milk             | 8 oz    |
| Choice of Milk            | 8 oz    | Fresh Seasonal Fruit | 1 ea    | Dinner Roll          | 2 each  | Ranch Dressing        | 1 each  |                            |         |
|                           |         | 100% Fruit Juice     | 4 oz    | Diced Pears          | 1/2 cup |                       |         |                            |         |
|                           |         | Choice of Milk       | 8 oz    | 100% Fruit Juice     | 4 oz    |                       |         |                            |         |
|                           |         |                      |         | Choice of milk       | 8 oz    | Choice of milk        | 8 oz    |                            |         |
|                           |         |                      |         | Mustard              | 1 each  | Italian Dressing      | 1 each  |                            |         |
| <b>17</b>                 |         | <b>18</b>            |         | <b>19</b>            |         | <b>20</b>             |         | <b>21</b>                  |         |
| Egg Salad                 | 1/2 cup | Turkey Ham           | 2 oz    | Chicken Salad        | 1/2 cup | Honey Mustard Chicken | 1/2 cup | Sunbutter & Jelly Sandwich | 1 ea    |
| Fresh Baby Carrots        | 1/2 cup | American Cheese      | 1 oz    | Tomato Salad         | 1/2 cup | Chickpea Salad        | 1/2 cup | Romaine Salad              | 1 cup   |
| Three Bean Salad          | 1/2 cup | Potato Salad         | 1/2 cup | Coleslaw             | 1/2 cup | Corn Salad            | 1/2 cup | Tomatoes                   | 1/2 cup |
| WG Bread                  | 2 ea    | Broccoli Salad       | 1/2 cup | WG Bread             | 2 ea    | WG Tortilla           | 1 each  | Fresh Seasonal Fruit       | 1 ea    |
| Diced Peaches             | 1/2 cup | WG Kaiser Bun        | 1 ea    | Fresh Seasonal Fruit | 1 ea    | Graham Crackers       | 1 pkt   | 100% Fruit Juice           | 4 oz    |
| 100% Fruit Juice          | 4 oz    | Mixed Fruit          | 1/2 cup | 100% Fruit Juice     | 4 oz    | Diced Pears           | 1/2 cup | Choice of Milk             | 8 oz    |
| Choice of milk            | 8 oz    | 100% Fruit Juice     | 4 oz    | Choice of milk       | 8 oz    | 100% Fruit Juice      | 4 oz    | Italian Dressing           | 1 each  |
| Ranch Dressing            | 1 each  | Choice of milk       | 8 oz    |                      |         | Choice of milk        | 8 oz    |                            |         |
|                           |         | Mustard              | 1 each  |                      |         |                       |         |                            |         |
| <b>24</b>                 |         | <b>25</b>            |         | <b>26</b>            |         | <b>27</b>             |         | <b>28</b>                  |         |
| Cold Grilled Chicken      | 1 ea    | Turkey Breast        | 2 oz    | Chef Salad           |         | Chicken Salad         | 1/2 cup | Sunbutter & Jelly Sandwich | 1 ea    |
| Potato Salad              | 1/2 cup | American Cheese      | 1 oz    | (Turkey)             | 2 oz    | Baby Carrots          | 1/2 cup | Iceberg Salad              | 1.5 cup |
| Fresh Broccoli            | 1/2 cup | Tomato Salad         | 1/2 cup | (Shredded Cheese)    | 1 oz    | Cole Slaw             | 1/2 cup | Cucumber Slices            | 1/4 cup |
| WG Kaiser Bun             | 1 each  | Chickpea Salad       | 1/2 cup | (Romaine)            | 1 cup   | WG Bread              | 2 each  | Mixed Fruit                | 1/2 cup |
| Mandarin Oranges          | 1/2 cup | WG Sub Roll          | 1 each  | (Tomatoes)           | 1/4 cup | Diced Pears           | 1/2 cup | 100% Fruit Juice           | 4 oz    |
| 100% Fruit Juice          | 4 oz    | Mixed Fruit          | 1/2 cup | (Carrots)            | 1/4 cup | 100% Fruit Juice      | 4 oz    | Choice of milk             | 8 oz    |
| Choice of milk            | 8 oz    | 100% Fruit Juice     | 4 oz    | Dinner Roll          | 2 each  | Choice of milk        | 8 oz    | Ranch Dressing             | 1 each  |
| Ranch Dressing            | 1 each  | Choice of milk       | 8 oz    | Fresh Seasonal Fruit | 1 each  | Ranch Dressing        | 1 each  |                            |         |
|                           |         | Italian dressing     | 1 pkt   | 100% Fruit Juice     | 4 oz    |                       |         |                            |         |
|                           |         |                      |         | Choice of Milk       | 8 oz    |                       |         |                            |         |
|                           |         |                      |         | Italian Dressing     | 1 each  |                       |         |                            |         |
| <b>31</b>                 |         |                      |         |                      |         |                       |         |                            |         |
| Chicken Patty             | 1 each  |                      |         |                      |         |                       |         |                            |         |
| Three Bean Salad          | 3/4 cup |                      |         |                      |         |                       |         |                            |         |
| Fresh Baby Carrots        | 1/4 cup |                      |         |                      |         |                       |         |                            |         |
| WG Hamburger Bun          | 1 ea    |                      |         |                      |         |                       |         |                            |         |
| Fresh Seasonal Fruit      | 1 ea    |                      |         |                      |         |                       |         |                            |         |
| 100% Fruit Juice          | 4 oz    |                      |         |                      |         |                       |         |                            |         |
| Choice of Milk            | 8 oz    |                      |         |                      |         |                       |         |                            |         |
| Ranch Dressing            | 1 each  |                      |         |                      |         |                       |         |                            |         |
| BBQ Sauce                 | 1 ea    |                      |         |                      |         |                       |         |                            |         |