

# Great Oaks Charter School

## Cold Alternate Menu Grades 6-8

### September 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	
						Buffalo Chicken	1/2 cup	Sunbutter & Jelly Sandwich	1 each
						Fresh Baby Carrots	1/4 cup	Romaine Salad	1 cup
						Chickpea Salad	1/2 cup	Tomatoes	1/4 cup
						WG Tortilla	1 each	Diced Peaches	1/2 cup
						Fresh Seasonal Fruit	1 each	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 (Turkey)	2 oz	Sunbutter & Jelly Sandwich	1 each
		Tomato Salad	1/4 cup	Swiss Cheese	0.5 oz	(Shredded Cheese)	1 oz	Fresh Baby Carrots	1/4 cup
		Mixed Bean Salad	1/2 cup	Corn Salad	1/2 cup	(Romaine)	1 cup	Cucumber Slices	1/2 cup
		WG Kaiser Bun	1 each	Coleslaw	1/4 cup	(Tomatoes)	1/8 cup	Mixed Fruit	1/2 cup
		Applesauce	1/2 cup	WG Tortilla	1 each	(Carrots)	1/8 cup	Choice of milk	8 oz
		Choice of Milk	8 oz	Fresh Seasonal Fruit	1 each	WG Dinner Roll	1 each	Ranch Dressing	1 each
				Choice of milk	8 oz	Diced Pears	1/2 cup		
				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	1/2 cup	Sunbutter & Jelly Sandwich	1 each
Fresh Baby Carrots	1/4 cup	American Cheese	1 oz	Tomato Salad	1/4 cup	Chickepea Salad	1/2 cup	Romaine Salad	1 cup
Three Bean Salad	1/2 cup	Potato Salad	1/4 cup	Cole Slaw	1/2 cup	Corn Salad	1/4 cup	Tomatoes	1/4 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 each	Diced Pears	1/2 cup	Choice of Milk	8 oz
Choice of milk	8 oz	Mixed Fruit	1/2 cup	Choice of milk	8 oz	Choice of milk	8 oz	Italian Dressing	1 each
Ranch Dressing	1 each	Choice of milk	8 oz						
		Mustard	1 each						
19		20		21		22		23	
Cold Grilled Chicken	1 each	Turkey Breast	2 oz	Chef Salad (Turkey)	2 oz	Chicken Salad	1/2 cup	Sunbutter & Jelly Sandwich	1 each
Potato Salad	1/2 cup	American Cheese	1 oz	(Shredded Cheese)	1 oz	Baby Carrots	1/4 cup	Iceberg Salad	1cup
Fresh Broccoli	1/4 cup	Tomato Salad	1/4 cup	(Romaine)	1 cup	Cole Slaw	1/2 cup	Cucumber Slices	1/4 cup
WG Kaiser Bun	1 each	Chickpea Salad	1/2 cup	(Tomatoes)	1/8 cup	WG Bread	2 each	Mixed Fruit	1/2 cup
Mandarin Oranges	1/2 cup	WG Sub Roll	1 each	(Carrots)	1/8 cup	Diced Pears	1/2 cup	Choice of milk	8 oz
Choice of milk	8 oz	Mixed Fruit	1/2 cup	Dinner Roll	1 each	Choice of milk	8 oz	Ranch Dressing	1 each
Ranch Dressing	1 each	Choice of milk	8 oz	Fresh Seasonal Fruit	1 each				
		Italian dressing	1 pkt	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 each
Three Bean Salad	1/2 cup	Broccoli salad	1/2 cup	Swiss Cheese	0.5 oz	Mixed Bean Salad	1/2 cup	Iceberg Salad	1 cup
Fresh Baby Carrots	1/4 cup	Tomato Salad	1/4 cup	Corn Salad	1/2 cup	Potato Salad	1/4 cup	Tomatoes	1/4 cup
WG Hamburger Bun	1 each	WG Kaiser Bun	1 each	Fresh Baby Carrots	1/4 cup	WG Dinner Roll	1 each	Fresh Seasonal Fruit	1 each
Fresh Seasonal Fruit	1 each	Diced Pears	1/2 cup	WG Bread	2 each	Mandarin Oranges	1/2 cup	Choice of Milk	8 oz
Choice of Milk	8 oz	Choice of Milk	8 oz	Applesauce	1/2 cup	Choice of Milk	8 oz	Ranch Dressing	1 each
Ranch Dressing	1 each			Choice of Milk	8 oz				
BBQ Sauce	1 each			Mustard	1 each				
				Ranch Dressing	1 each				

# Great Oaks Charter School

## Cold Alternate Menu Grades 6-8

### 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 each	Turkey Ham	2 oz	Buffalo Chicken	1/2 cup	Sunbutter & Jelly Sandwich	1 each
Fresh Baby Carrots	1/4 cup	Tomatoes	1/4 cup	American Cheese	1 oz	Fresh Baby Carrots	1/4 cup	Romaine Salad	1 cup
Coleslaw	1/2 cup	Iceberg Salad	1/2 cup	Cucumber Slices	1/4 cup	Chickpea Salad	1/2 cup	Tomatoes	1/4 cup
WG Bread	2 each	WG Kaiser Bun	1 each	Potato Salad	1/2 cup	WG Tortilla	1 each	Diced Peaches	1/2 cup
Fresh Seasonal Fruit	1 each	Mixed Fruit	1/2 cup	WG Bread	2 each	Fresh Seasonal Fruit	1 each	Choice of Milk	8 oz
Choice of milk	8 oz	Choice of milk	8 oz	Applesauce	1/2 cup	Choice of Milk	8 oz	Ranch Dressing	1 each
Ranch Dressing	1 each	BBQ Sauce	1 each	Choice of milk	8 oz	Ranch Dressing	1 each	Italian Dressing	1 each
		Ranch Dressing	1 each	Mustard	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 (Turkey)	2 oz	Sunbutter & Jelly Sandwich	1 each
		Tomato Salad	1/4 cup	Swiss Cheese	0.5 oz	(Shredded Cheese)	1 oz	Fresh Baby Carrots	1/4 cup
		Mixed Bean Salad	1/2 cup	Corn Salad	1/2 cup	(Romaine)	1 cup	Cucumber Slices	1/2 cup
		WG Kaiser Bun	1 each	Coleslaw	1/4 cup	(Tomatoes)	1/8 cup	Mixed Fruit	1/2 cup
		Applesauce	1/2 cup	WG Tortilla	1 each	(Carrots)	1/8 cup	Choice of milk	8 oz
Choice of Milk	8 oz	Fresh Seasonal Fruit	1 each	WG Dinner Roll	1 each	Ranch Dressing	1 each		
		Choice of milk	8 oz	Diced Pears	1/2 cup	Choice of milk	8 oz		
		Mustard	1 each	Choice of milk	8 oz	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	1/2 cup	Sunbutter & Jelly Sandwich	1 each
Fresh Baby Carrots	1/4 cup	American Cheese	1 oz	Tomato Salad	1/4 cup	Chickepea Salad	1/2 cup	Romaine Salad	1 cup
Three Bean Salad	1/2 cup	Potato Salad	1/4 cup	Cole Slaw	1/2 cup	Corn Salad	1/4 cup	Tomatoes	1/4 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 each	Diced Pears	1/2 cup	Choice of Milk	8 oz
Choice of milk	8 oz	Mixed Fruit	1/2 cup	Choice of milk	8 oz	Choice of milk	8 oz	Italian Dressing	1 each
Ranch Dressing	1 each	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 each	Turkey Breast	2 oz	Chef Salad (Turkey)	2 oz	Chicken Salad	1/2 cup	Sunbutter & Jelly Sandwich	1 each
Potato Salad	1/2 cup	American Cheese	1 oz	(Shredded Cheese)	1 oz	Baby Carrots	1/4 cup	Iceberg Salad	1cup
Fresh Broccoli	1/4 cup	Tomato Salad	1/4 cup	(Romaine)	1 cup	Cole Slaw	1/2 cup	Cucumber Slices	1/4 cup
WG Kaiser Bun	1 each	Chickpea Salad	1/2 cup	(Tomatoes)	1/8 cup	WG Bread	2 each	Mixed Fruit	1/2 cup
Mandarin Oranges	1/2 cup	WG Sub Roll	1 each	(Carrots)	1/8 cup	Diced Pears	1/2 cup	Choice of milk	8 oz
Choice of milk	8 oz	Mixed Fruit	1/2 cup	Dinner Roll	1 each	Choice of milk	8 oz	Ranch Dressing	1 each
Ranch Dressing	1 each	Choice of milk	8 oz	Fresh Seasonal Fruit	1 each				
		Italian dressing	1 pkt	Choice of Milk	8 oz				
				Italian Dressing	1 each				
<b>31</b>									
Chicken Patty	1 each								
Three Bean Salad	1/2 cup								
Fresh Baby Carrots	1/4 cup								
WG Hamburger Bun	1 each								
Fresh Seasonal Fruit	1 each								
Choice of Milk	8 oz								
Ranch Dressing	1 each								
BBQ Sauce	1 each								