

# Great Oaks Charter School

## Hot Menu Grades 9-12

### September 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	
						Hamburger	1 ea	Cheese Stuffed Breadsticks	2 ea
						Sliced Cheese	1/2 oz	Marinara Sauce	1/4 cup
						Fresh Baby Carrots	1/2 cup	Romaine Salad	1 cup
						Baked Beans	1/2 cup	Cucumber Slices	1/4 cup
						WG Kaiser Bun	1 ea	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	Ranch Dressing	1 each
						Ranch Dressing	1 each	Ketchup	1 each
						Ketchup	1 each		
5		6		7		8		9	
Closed for Holiday		Chicken Patty	1 ea	Beef Taco Meat	3 oz	Diced Chicken	3 oz	French Bread Pizza	1 ea
		Baked Beans	1/2 cup	Whole Kernel Corn	3/4 cup	Alfredo Sauce	2 oz	Iceberg Salad	1 cup
		Sweet Potato Tots	1/2 cup	Salsa	1/4 cup	WG Penne Pasta	1/2 cup	Tomatoes	1/4 cup
		WG Hamburger Bun	1 ea	WG Tortilla	1 ea	Broccoli	1/2 cup	Cucumber Slices	1/4 cup
		Applesauce	1/2 cup	Graham Crackers	1 pkt	Diced Carrots	1/2 cup	Mixed Fruit	1/2 cup
		100% Fruit Juice	4 oz	Fresh Seasonal Fruit	1 ea	Dinner Roll	1 ea	100% Fruit Juice	4 oz
		Choice of Milk	8 oz	100% Fruit Juice	4 oz	Diced Pears	1/2 cup	Choice of milk	8 oz
		BBQ Sauce	1 pkt	Choice of milk	8 oz	100% Fruit Juice	4 oz	Ranch Dressing	1 each
		Ketchup	1 pkt			Choice of milk	8 oz		
12		13		14		15		16	
Diced Chicken	3 oz	Roasted Turkey	3.5 oz	Meatballs	7 ea	Popcorn Chicken	12 ea	Cheese Pizza	1 ea
General Tso's Sauce	2 oz	Gravy	2 oz	Spaghetti Sauce	1/4 cup	Baked Beans	1/2 cup	Romaine Salad	1 cup
Brown Rice	1/2 cup	Mashed Potatoes	1/2 cup	WG Penne Pasta	1/2 cup	Crinkle Cut Fries	1/2 cup	Tomatoes	1/2 cup
Green Beans	1/2 cup	Broccoli	1/2 cup	Mixed Vegetables	3/4 cup	Dinner Roll	1 ea	Fresh Seasonal Fruit	1 ea
Diced Carrots	1/2 cup	Dinner Roll	2 ea	Dinner Roll	1 ea	Diced Pears	1/2 cup	100% Fruit Juice	4 oz
Dinner Roll	1 ea	Mixed Fruit	1/2 cup	Fresh Seasonal Fruit	1 ea	100% Fruit Juice	4 oz	Choice of Milk	8 oz
Diced Peaches	1/2 cup	100% Fruit Juice	4 oz	100% Fruit Juice	4 oz	Choice of milk	8 oz	Italian Dressing	1 each
100% Fruit Juice	4 oz	Choice of milk	8 oz	Choice of milk	8 oz	BBQ Sauce	1 pkt		
Choice of milk	8 oz					Ketchup	1 pkt		
19		20		21		22		23	
Chicken Tenders	3 ea	Hamburger	1 ea	Ravioli in Spaghetti Sauce	13 ea	Sloppy Joe	1/2 cup	Cheese Stuffed Breadstick	2 ea
Tater Tots	1/2 cup	Sliced Cheese	1/2 oz	Broccoli	3/4 cup	Green Peas	1/2 cup	Marinara Sauce	1/4 cup
Mixed Vegetables	1/2 cup	Fresh Baby Carrots	1/2 cup	Dinner Roll	1 ea	Diced Carrots	1/2 cup	Iceberg Salad	1cup
Dinner Roll	1 ea	Baked Beans	1/2 cup	Fresh Seasonal Fruit	1 ea	WG Kaiser Bun	1 ea	Cucumber Slices	1/4 cup
Mandarin Oranges	1/2 cup	WG Kaiser Bun	1 ea	100% Fruit Juice	4 oz	Diced Pears	1/2 cup	Mixed Fruit	1/2 cup
100% Fruit Juice	4 oz	Mixed Fruit	1/2 cup	Choice of milk	8 oz	100% Fruit Juice	4 oz	100% Fruit Juice	4 oz
Choice of milk	8 oz	100% Fruit Juice	4 oz			Choice of milk	8 oz	Choice of milk	8 oz
BBQ Sauce	1 pkt	Choice of milk	8 oz					Ranch Dressing	1 each
Ketchup	1 pkt	Ranch dressing	1 pkt						
		Ketchup	1 pkt						
26		27		28		29		30	
Meatballs	7 ea	Popcorn Chicken	12 ea	Beef Nachos (Beef Taco Meat)	3oz	Chicken Patty	1 ea	Cheese Pizza	1 ea
Spaghetti Sauce	1/4 cup	Sweet Potato Tots	1/2 cup	(Cheese Sauce)	1 oz	Baked Beans	1/2 cup	Iceberg Salad	1.5 cup
WG Penne Pasta	1/2 cup	Broccoli	1/2 cup	(Tortilla Chips)	1.45 oz	Crinkle Cut Fries	1/2 cup	Tomatoes	1/4 cup
Green Beans	3/4 cup	Dinner Roll	1 ea	Salsa	1/4 cup	WG Hamburger Bun	1 ea	Fresh Seasonal Fruit	1 each
Dinner Roll	1 ea	Diced Pears	1/2 cup	Whole Kernel Corn	3/4 cup	Mandarin Oranges	1/2 cup	100% Fruit Juice	4 oz
Fresh Seasonal Fruit	1 ea	100% Fruit Juice	4 oz	Applesauce	1/2 cup	100% Fruit Juice	4 oz	Choice of Milk	8 oz
100% Fruit Juice	4 oz	Choice of Milk	8 oz	100% Fruit Juice	4 oz	Choice of Milk	8 oz	Ranch Dressing	1 each
Choice of Milk	8 oz	Honey Mustard	1 pkt	Choice of Milk	8 oz	BBQ Sauce	1 pkt		
		Ketchup	1 pkt			Ketchup	1 pkt		

