

High School:
Portions in **RED**
are larger
amounts offered
to older
students

OCEAN ACADEMY SCHOOL LUNCH MENU



	Mon	Tue	Wed	Thu	Fri
<p>ALTERNATE: Peanut Butter & Jelly Sandwich on WGR Bread (2 Tbsp. pnb) 4 oz. Low Fat Yogurt - 1/2 c carrots - 1 cup salad Featured Veg. Fruit Choice of Milk</p>	<p>Ranch Chicken on WGR Wrap (2 oz. ckd. chicken; low fat ranch dressing; 8" soft tortilla) (1 ea. = 2 meat alt.; 1.5 grains) (2 ea. = 4 meat alt.; 3 grains)</p> <p>Lettuce-Tomatoes (1/2 cup = 1/4 "O" veg.; 1/4 cup = "R-O" veg.)</p> <p>Baby Carrots (1/4 cup = "R-O" veg.) (1/2 cup = "R-O" veg.)</p> <p>Fresh Banana (1/2 c fruit)</p> <p>Choice of Milk</p>	<p>Whole Corn Taco Shells w/Beef (USDA Recipe #D-13; 2 each = 2 oz. meat/1 grain)</p> <p>Brown Rice Pilaf (1/2 cup = 1 grain)</p> <p>Lettuce-Tomatoes (1/2 cup = 1/4 "O" veg.; 1/4 cup = "R-O" veg.)</p> <p>Salsa 1/4 cup = "R-O" veg.)</p> <p>Seasoned Corn (1/2 cup = "S" veg)</p> <p>Apple (1/2 c fruit)</p> <p>Choice of Milk</p>	<p>Red Beans & Rice (3/4 cup = 1.5 oz. meat alt.; 1/4 cup "O" veg. = .5 grain) (1.5 cups = 3 oz. meat alt.; 1/2 cup "O" veg.; 1 grain)</p> <p>Cornbread (1.25 oz. = 1 grain)</p> <p>Kale-Strawberry Salad (1 cup = 1/2 c "DG" veg.)</p> <p>Clementine or Orange (1/2 c fruit)</p> <p>Choice of Milk</p>	<p>Spanish Chicken w/ Tomatoes (2 oz. chicken/meat. alt.; 1/2 c "R-O" veg.)</p> <p>Whole Wheat Pasta (1/2 c = 1 grain) (1 c = 2 grains)</p> <p>Peppers/Onions (1/4 cup = "O" veg.) (1/2 cup = "O" veg.)</p> <p>Fresh Pineapple or Melon (1/2 c fruit)</p> <p>Choice of Milk</p>	<p>Southwest Cobb Salad (2 oz. ckd. turkey/meat alt.; 5/8 c "O" veg.; 3/8 c "DG"; 1/2 c "L" veg.)</p> <p>WGR Tortilla Chips (2. oz. = 2 grains)</p> <p>Fresh Grapes (1/2 c fruit)</p> <p>Choice of Milk</p>
	<p>Chicken Fajita on WGR Soft Tortilla (2 oz. ckd. chicken.; 1/2 oz. cheese; 8" tortilla) (1 ea. = 2.5 meat alt.; 1.5 grains) (2 ea. = 5 meat alt.; 3 grains)</p> <p>Salsa (1/4 cup = "R-O" veg.) (1/2 cup = "R-O" veg.)</p> <p>Refried Beans (1/2 cup = "L" veg.)</p> <p>Fresh Apple (1/2 c fruit)</p> <p>Choice of Milk</p>	<p>Vegetable Chili (USDA Recipe #D-26; 3/4 c = 2 meat alt.; 1/4 c "R-O" veg.; .25 grain)</p> <p>Baked Potato (1/2 c "S" veg.)</p> <p>Seasoned Broccoli (1/2 c = "DG" veg.)</p> <p>Cornbread (2.25 oz. = 1.75 grains)</p> <p>Strawberries or Berries (1/2 c fruit)</p> <p>Choice of Milk</p>	<p>Asian Chicken Noodle Bowl (USDA Recipe #D560; 1 cup = 1.5 meat alt.; 1/8 c "R-O" veg.; 1/8 c "O" veg.; 1 grain) (2 cups = meat alt.; 1/4 c "R-O" veg.; 1/4 c "O" veg.; 2 grains)</p> <p>Snap Peas & Water Chestnuts (1/2 cup = "O" veg.)</p> <p>Orange or Clementine (1/2 c fruit)</p> <p>Choice of Milk</p>	<p>Bean Burrito (USDA Recipe #D-12A; 10" tortilla) (1 ea. = 2 meat alt.; 1/4 c "R-O" veg.; 2.5 grains)</p> <p>Roasted Honey-Ginger Sweet Potatoes (1/2 cup = "R-O" veg.) (3/4 cup = "R-O" veg.)</p> <p>Fresh Banana (1/2 c fruit)</p> <p>Choice of Milk</p>	<p>Fish Tacos (1 ea. = 2.75 meat alt.; 1/4 c "DG" veg.; 1/4 c "R-O" veg.; 7/8 c "O" veg.; 1.5 grains)</p> <p>Tabouleh Salad (1/2 c = .5 grain)</p> <p>Fresh Pineapple or Melon (1/2 c fruit)</p> <p>Choice of Milk</p>

FRUIT
Canned Fruit &
Fresh Fruit:
Different varieties
can be interchanged

Grades: 9-12
Offered daily in
addition to
featured fruit:
- 4 oz. 100% Juice
- Fresh Fruit 1/2 cup

MILK CHOICES:
(8 oz.)
Fat Free White
1% Low Fat White
Fat Free Chocolate
Available w/ All Meals

WGR:
All grains are
Whole Grain Rich