

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

# OCEAN ACADEMY SCHOOL LUNCH MENU



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