

High School Breakfast & Lunch Menus

January & February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January is National Soup Month!</p>	<p>February is Black History Month!</p>	<p>OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Pot w/ Roll Fish Sandwich Creamed Spinach Vegetable Choice Fruit Choice Milk</p>	<p>French Toast Mini</p> <p>Roasted Chicken w/ Roll Hamburger or Cheeseburger Green Beans Baked Beans Potatoes Fruit Choice Milk</p>	<p>Pancake Sausage on a Stick</p> <p>Pizza Manager's Choice Entrée Glazed Carrots French Fries Vegetable Choice Fruit Choice Milk</p>
<p>Southern Breakfast Biscuit</p> <p>Manager's Choice Entree Cheese Sticks w/ Sauce Sweet Potatoes Collard Greens Seasoned Carrots Fruit Choice Milk</p>	<p>Sausage Biscuit</p> <p>Pasta w/ Meatsauce & Garlic Bread Breakfast for Lunch: Eggs, Sausage, Grits & Biscuit Blackeye Peas Black Beans Potato Roasters Fruit Choice Milk</p>	<p>Eggs w/ Grits & Cheese Toast</p> <p>Chicken & Waffle Turkey Rice Bowl w/ Roll Au Gratin Potatoes Turnip Greens Mixed Vegetables Fruit Choice Milk</p>	<p>Chicken Biscuit</p> <p>Teriyaki Bites w/ Rice Corn Dog Nuggets Coleslaw Manager's Choice Vegetable Garden Salad Fruit Choice Milk</p>	<p>Pancake Sausage Sandwich</p> <p>Pizza Fish w/ Corn Muffin Carrots Steamed Cabbage Fruit Choice Milk</p>
<p>Skillet Frittata</p> <p>Grilled Cheese Sandwich WowButter Sandwich OCS Ciabatta Sandwich Tomato Soup Broccoli Carrots Fruit Choice Milk</p>	<p>Sausage Biscuit</p> <p>Popcorn Chicken w/ Roll Corn Dog Nuggets Black Beans Sweet Potatoes Fruit Choice Milk</p>	<p>OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Pot Pie w/ Roll Fish Sandwich Creamed Spinach Coleslaw Fruit Choice Milk</p>	<p>French Toast Mini</p> <p>Roasted Chicken w/ Roll Meatloaf Sandwich Steamed Cabbage Baked Beans Potatoes Fruit Choice Milk</p>	<p>Pancake Sausage Bites</p> <p>Pizza Manager's Choice Entrée Carrot Bag French Fries Garden Salad Fruit Choice Milk</p>
<p>Martin Luther King Jr. Holiday No School</p>	<p>Teacher Workday No School</p>	<p>Teacher Workday No School</p>	<p>Chicken Biscuit</p> <p>Teriyaki Bites w/ Rice BBQ Sandwich Coleslaw Manager's Choice Vegetable Garden Salad Fruit Choice Milk</p>	<p>Pancake Sausage Sandwich</p> <p>Pizza Fish w/ Corn Muffin Carrots Steamed Cabbage Fruit Choice Milk</p>
<p>Skillet Frittata</p> <p>Grilled Cheese Sandwich or WowButter Sandwich OCS Ciabatta Sandwich Tomato Soup Broccoli Carrots Fruit Choice Milk</p>	<p>Sausage Biscuit</p> <p>Popcorn Chicken w/ Roll Corn Dog Nuggets Black Beans Sweet Potatoes Fruit Choice Milk</p>	<p>OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Pot Pie w/ Roll Fish Sandwich Creamed Spinach Coleslaw Fruit Choice Milk</p>	<p>French Toast Mini</p> <p>Roasted Chicken w/ Roll Hamburger or Cheeseburger Steamed Cabbage Baked Beans Potatoes Fruit Choice Milk</p>	<p>SUPERBOWL! February 1 Pancake Sausage on a Stick</p> <p>Wear your favorite team's color!</p> <p>Nachos w/ Cheese Hot Dog Carrot Bag French Fries Garden Salad Fruit Choice Milk</p>
<p>Southern Breakfast Biscuit</p> <p>Cheesy Baked Potatoes w/ Italian Sauce or Chili & Roll Chicken Nuggets w/ Roll Sweet Potatoes Collard Greens Seasoned Carrots Fruit Choice Milk</p>	<p>Sausage Biscuit</p> <p>Pasta w/ Meatsauce & Garlic Bread Breakfast for Lunch: Eggs, Sausage, Grits & Biscuit Blackeye Peas Black Beans Potato Roasters Fruit Choice Milk</p>	<p>Eggs w/ Grits & Cheese Toast</p> <p>Chicken & Waffle Turkey Rice Bowl w/ Roll Au Gratin Potatoes Turnip Greens Mixed Vegetables Fruit Choice Milk</p>	<p>Chicken Biscuit</p> <p>Teriyaki Bites w/ Rice Corn Dog Nuggets Coleslaw Manager's Choice Vegetable Garden Salad Fruit Choice Milk</p>	<p>Pancake Sausage Sandwich</p> <p>Pizza Fish w/ Corn Muffin Carrots Steamed Cabbage Fruit Choice Milk</p>
The following are also available daily:				
Breakfast: Cereal with Graham Crackers, Assorted Grab and Go options, 100% Fruit Juice, Fruit Choice and Fat Free Chocolate, Skim & 1% Milk				
Lunch: Fat Free Chocolate, Skim and 1% Milk				
Rice Bowl Bar	Wild Mike's Pizza Nacho Bar	OCS Salads Baked Potato Bar Domino's Pizza	OCS Sandwich Bar Big Daddy's Pizza	Spicy Chicken Sandwich

Menus are subject to change. This institution is an equal opportunity provider.

High School Breakfast & Lunch Menus

February & March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11</p> <p>Skillet Frittata</p> <p>Grilled Cheese Sandwich or WowButter Sandwich</p> <p>OCS Ciabatta Sandwich</p> <p>Tomato Soup</p> <p>Broccoli</p> <p>Carrots</p> <p>Fruit Choice</p> <p>Milk</p>	<p>12</p> <p>Sausage Biscuit</p> <p>Popcorn Chicken w/ Roll</p> <p>Corn Dog Nuggets</p> <p>Black Beans</p> <p>Sweet Potatoes</p> <p>Fruit Choice</p> <p>Milk</p>	<p>13</p> <p>OCS Breakfast Biscuit</p> <p>Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Pot Pie w/ Roll</p> <p>Fish Sandwich</p> <p>Creamed Spinach</p> <p>Coleslaw</p> <p>Fruit Choice</p> <p>Milk</p>	<p>Happy Valentine's Day!</p> <p>14</p> <p>French Toast Mini</p> <p>Roasted Chicken w/ Roll</p> <p>Spaghetti w/ Meatballs & Garlic Toast</p> <p>Tossed Salad</p> <p>Corn</p> <p>Fruit Choice</p> <p>Heart Shaped Treat</p> <p>Milk</p>	<p>15</p> <p>Pancake Sausage Bites</p> <p>Pizza</p> <p>Manager's Choice Entrée</p> <p>Carrot Bag</p> <p>French Fries</p> <p>Garden Salad</p> <p>Fruit Choice</p> <p>Milk</p>
<p>18</p> <p>Southern Breakfast Biscuit</p> <p>Cheesy Baked Potatoes w/ Italian Sauce or Chili & Roll</p> <p>Cheese Sticks w/ Sauce</p> <p>Sweet Potatoes</p> <p>Collard Greens</p> <p>Seasoned Carrots</p> <p>Fruit Choice</p> <p>Milk</p>	<p>19</p> <p>Sausage Biscuit</p> <p>Pasta w/ Meatsauce & Garlic Bread</p> <p>Breakfast for Lunch: Eggs, Sausage, Grits & Biscuit</p> <p>Blackeye Peas</p> <p>Black Beans</p> <p>Potato Roasters</p> <p>Fruit Choice</p> <p>Milk</p>	<p>20</p> <p>Eggs w/ Grits & Cheese Toast</p> <p>Chicken & Waffle</p> <p>Turkey Rice Bowl w/ Roll</p> <p>Au Gratin Potatoes</p> <p>Turnip Greens</p> <p>Mixed Vegetables</p> <p>Fruit Choice</p> <p>Milk</p>	<p>21</p> <p>Chicken Biscuit</p> <p>Teriyaki Bites w/ Rice</p> <p>BBQ Sandwich</p> <p>Coleslaw</p> <p>Manager's Choice Vegetable</p> <p>Garden Salad</p> <p>Fruit Choice</p> <p>Milk</p>	<p>22</p> <p>Pancake Sausage Sandwich</p> <p>Pizza</p> <p>Fish w/ Corn Muffin</p> <p>Carrots</p> <p>Steamed Cabbage</p> <p>Fruit Choice</p> <p>Milk</p>
<p>25</p> <p>Teacher Workday- No School</p> <p>March is National Nutrition Month!</p>	<p>26</p> <p>Sausage Biscuit</p> <p>Popcorn Chicken w/ Roll</p> <p>Corn Dog Nuggets</p> <p>Black Beans</p> <p>Sweet Potatoes</p> <p>Fruit Choice</p> <p>Milk</p>	<p>27</p> <p>OCS Breakfast Biscuit</p> <p>Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Pot Pie w/ Roll</p> <p>Fish Sandwich</p> <p>Creamed Spinach</p> <p>Coleslaw</p> <p>Fruit Choice</p> <p>Milk</p>	<p>28</p> <p>French Toast Mini</p> <p>Roasted Chicken w/ Roll</p> <p>Meatloaf Sandwich</p> <p>Steamed Cabbage</p> <p>Baked Beans</p> <p>Potatoes</p> <p>Fruit Choice</p> <p>Milk</p>	<p>March 1</p> <p>Pancake Sausage on a Stick</p> <p>Pizza</p> <p>Manager's Choice Entrée</p> <p>Carrot Bag</p> <p>French Fries</p> <p>Garden Salad</p> <p>Fruit Choice</p> <p>Milk</p>
March 4-8 is National School Breakfast Week!				
<p>4</p> <p>Southern Breakfast Biscuit</p> <p>Cheese Pizza</p> <p>Meatballs w/ Gravy & Rice</p> <p>Turnip Greens</p> <p>Sweet Potatoes</p> <p>Fruit Choice</p> <p>Milk</p>	<p>5</p> <p>Sausage Biscuit</p> <p>Popcorn Chicken w/ Roll</p> <p>Cheeseburger</p> <p>Lima Beans</p> <p>Broccoli</p> <p>Fruit Choice</p> <p>Milk</p>	<p>6</p> <p>Early Dismissal</p> <p>Eggs w/ Grits & Cheese Toast</p> <p>Deli Sub</p> <p>Fresh Celery Sticks</p> <p>Fresh Baby Carrots</p> <p>Fruit Cup</p> <p>Milk</p>	<p>7</p> <p>Chicken Biscuit</p> <p>Pasta w/ Meatsauce & Garlic Bread</p> <p>Chicken Sandwich</p> <p>Garden Salad</p> <p>Manager's Choice Vegetable</p> <p>Fruit Choice</p> <p>Milk</p>	<p>8</p> <p>Pancake Sausage Sandwich</p> <p>Pizza</p> <p>Fish w/ Corn Muffin</p> <p>Carrots & Celery Bag</p> <p>Corn</p> <p>Fruit Choice</p> <p>Milk</p>
<p>11</p> <p>Skillet Frittata</p> <p>Macaroni & Cheese w/ Roll</p> <p>Grilled Chicken Sandwich</p> <p>Seasoned Turnip Greens</p> <p>Baked Apples</p> <p>Fruit Choice</p> <p>Milk</p>	<p>12</p> <p>Sausage Biscuit</p> <p>BBQ Sandwich</p> <p>Manager's Choice Entrée</p> <p>Sweet Potato Fries</p> <p>Baked Beans</p> <p>Fruit Choice</p> <p>Milk</p>	<p>13</p> <p>March Madness</p> <p>OCS Breakfast Biscuit</p> <p>Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Hot Dog</p> <p>Chicken Nuggets w/ Roll</p> <p>French Fries</p> <p>Baked Beans</p> <p>Oranges</p> <p>Milk</p>	<p>14</p> <p>French Toast Mini</p> <p>Turkey Rice Bowl</p> <p>Roasted Chicken w/ Roll</p> <p>Steamed Cabbage</p> <p>Pinto Beans</p> <p>Fruit Choice</p> <p>Milk</p>	<p>15</p> <p>Pancake Sausage Bites</p> <p>Pizza</p> <p>Fish Sandwich</p> <p>French Fries</p> <p>Coleslaw</p> <p>Fruit Choice</p> <p>Milk</p>
<p>18</p> <p>Southern Breakfast Biscuit</p> <p>Cheese Pizza</p> <p>Meatballs w/ Gravy & Rice</p> <p>Turnip Greens</p> <p>Sweet Potatoes</p> <p>Fruit Choice</p> <p>Milk</p>	<p>19</p> <p>Sausage Biscuit</p> <p>Popcorn Chicken w/ Roll</p> <p>Cheeseburger</p> <p>Lima Beans</p> <p>Broccoli</p> <p>Fruit Choice</p> <p>Milk</p>	<p>20</p> <p>Eggs w/ Grits & Cheese Toast</p> <p>Meatloaf w/ Roll</p> <p>Chicken & Waffles</p> <p>Mashed Potatoes</p> <p>Green Peas</p> <p>Fruit Choice</p> <p>Milk</p>	<p>21</p> <p>Chicken Biscuit</p> <p>Pasta w/ Meatsauce & Garlic Bread</p> <p>Chicken Sandwich</p> <p>Garden Salad</p> <p>Manager's Choice Vegetable</p> <p>Fruit Choice</p> <p>Milk</p>	<p>22</p> <p>Pancake Sausage Sandwich</p> <p>Pizza</p> <p>Fish w/ Corn Muffin</p> <p>Carrots & Celery Bag</p> <p>Corn</p> <p>Fruit Choice</p> <p>Milk</p>
<p>25</p> <p>Skillet Frittata</p> <p>Macaroni & Cheese w/ Roll</p> <p>Grilled Chicken Sandwich</p> <p>Seasoned Turnip Greens</p> <p>Baked Apples</p> <p>Fruit Choice</p> <p>Milk</p>	<p>26</p> <p>Sausage Biscuit</p> <p>BBQ Sandwich</p> <p>Hot Dog w/ Toppings</p> <p>Sweet Potato Fries</p> <p>Baked Beans</p> <p>Fruit Choice</p> <p>Milk</p>	<p>27</p> <p>OCS Breakfast Biscuit</p> <p>Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Nuggets w/ Roll</p> <p>Manager's Choice Entrée</p> <p>Au Gratin Potatoes</p> <p>Broccoli</p> <p>Fruit Choice</p> <p>Milk</p>	<p>28</p> <p>French Toast Mini</p> <p>Turkey Rice Bowl</p> <p>Roasted Chicken w/ Roll</p> <p>Steamed Cabbage</p> <p>Pinto Beans</p> <p>Fruit Choice</p> <p>Milk</p>	<p>29</p> <p>Pancake Sausage Bites</p> <p>Pizza</p> <p>Fish Sandwich</p> <p>French Fries</p> <p>Coleslaw</p> <p>Fruit Choice</p> <p>Milk</p>
The following are also available daily:				
Breakfast: Cereal with Graham Crackers, Assorted Grab and Go options, 100% Fruit Juice, Fruit Choice and Fat Free Chocolate, Skim & 1% Milk				
Lunch: Fat Free Chocolate, Skim and 1% Milk				
Rice Bowl Bar	Wild Mike's Pizza Nacho Bar	OCS Salads Baked Potato Bar Domino's Pizza	OCS Sandwich Bar Big Daddy's Pizza	Spicy Chicken Sandwich