






# Atlantis Charter School Menu

## February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 1. Hot Dog  Baked Beans Fresh or Chilled Fruit	2 1. 🍷 Cheesy Baked Pasta  Caesar Salad Fresh and Chilled Fruit Pudding	3  1. Chicken Nuggets with 🍷 Whole Wheat Bread  Hot Veggies Fresh Apple or Chilled fruit	4 1. Hamburger on a Bun 🍷 (Cheese Optional)  Oven Baked Fries Fresh or Chilled Fruit	5 1. Papa Gino's Pizza  Tossed Salad Fresh or Chilled Fruit
<i>Weekly Alternates:</i>	2. Chicken Ranch Salad Plate* with 🍷 Whole Wheat Italian Bread		3. 🍷 Cheesy Pretzel Fun Lunch	
8 1. 🍷 French Toast Sticks with Syrup & Eggs  Fresh Orange Wedges Chilled Apple Juice	9 1. 🍷 Pizza Dippers with Marinara Sauce  Ranch Broccoli Bites Fresh or Chilled Fruit Warm Fruit Crisp 🍷	10 1. Fish & Chips  Fiesta Corn & Black Beans Fresh or Chilled fruit	11 1. Chicken Nuggets with 🍷 Whole Wheat Bread  Hot Veggies Fresh Orange Wedges Chilled fruit	12 1. Papa Gino's Pizza  Fresh veggie sticks w/ dip Fresh or Chilled fruit
<i>Weekly Alternates:</i>	2. Green Salad with Sliced Turkey * and 🍷 Whole Wheat Italian Bread		3. Ham Sandwich on 🍷 Whole Wheat Vienna	
15	16	17  <b>Winter Vacation Week</b>	18	17
 1. Chicken Patty Sandwich 🍷  Mixed Vegetables Fresh fruit or Pineapple Chunks	23 1. Meatball Sub 🍷  Oven Baked Fries Fresh Fruit Chilled Jell-O with Fruit	24  1. Hamburger on a Bun (Cheese Optional)  Hearty Green Salad Corn & Fresh Fruit Or Chilled Fruit	25 1. Meatball Sub  Hearty Green Salad Fresh or Chilled Fruit	26 1. Papa Gino's Pizza  Tossed Salad Fresh Orange Wedges or Chilled Fruit
<i>Weekly Alternates:</i>	2. 🍷 Veggie Fun Lunch with Cheese & Crackers		3. Italian grinder on 🍷 Whole Wheat Sub Roll	

Menu Subject to Change    🍷 All grain items are made with whole grains.  
All meals are served with milk (1% low fat white or flavored) and fruit (fresh or canned).  
\*Meatless options are available upon request where indicated.

 "Balanced Choices" meals meet specific nutritional guidelines when all featured menu items are selected  
 Chartwells is pleased to offer locally grown produce.

Any questions please call:  
**Director of  
Dining Services  
Steve Harrison at 253-1452**