



# Atlantis Charter School Menu

## June 2010

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	1. Hamburger on a Bun (Cheese Optional)  Oven Baked Fries Fruit	1. Cheesy Baked Pasta  Caesar Salad Fruit Pudding	1. Chicken Nuggets  Broccoli Bites Penne and Bean Salad Fruit	1. Domino's Pizza  Tossed Salad Fruit
<i>Weekly Alternates:</i>	<i>2. Chicken Ranch Salad Plate* with Whole Wheat Italian Bread</i>		<i>3. Cheesy Pretzel Fun Lunch</i>	
7	8	9	10	11
1. Chicken Nuggets  Hot vegetable Brown Rice Pilaf Fresh Orange Wedges	1. Pizza Dippers with Marinara Sauce  Ranch Broccoli Bites Fruit	 1. Nacho Bar with Toppings  Fiesta Corn & Black Beans Fruit	1. French Toast Sticks with Syrup & Eggs  Fresh Orange Wedges Chilled Fruit Warm Fruit Crisp	1. Domino's Pizza  Hearty Green Salad Fruit
<i>Weekly Alternates:</i>	<i>2. Green Salad with Sliced Turkey* and Whole Wheat Italian Bread</i>		<i>3. Ham Sandwich on Whole Wheat Vienna</i>	
14	15	16	17	18
1. Hamburger on a Bun (Cheese Optional)  Corn Fruit	1. Pasta & Meat Sauce  Hearty Green Salad Fruit	1. Chicken Patty Sandwich  Mixed Vegetables Fruit	<b>BBQ DAY</b> 1. Hot Dog 2. Hamburger  Salad Chips (rain date is the 18 <sup>th</sup> )	1. Domino's Pizza  Hot Veggies Fresh Orange Wedges
<i>Weekly Alternates:</i>	<i>2. Veggie Fun Lunch with Cheese &amp; Crackers</i>		<i>3. Italian grinder on Whole Wheat Sub Roll</i>	

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.  
*\*Meatless options are available upon request where indicated.*

GET FRESH  
BUY LOCAL.

Chartwells is pleased to offer locally grown produce.

*Any questions please call:  
 Director of  
 Dining Services  
 Steve Harrison at  
 401-253-1452*

