







Atlantis Charter School Menu

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
1. Cheese Ravioli Green Beans Fresh or Chilled Fruit	1. Chicken Nuggets with Whole Wheat Bread Hot Veggies Fresh Orange or chilled fruit	1. Pasta & Meat Sauce Hearty Green Salad Fresh Fruit or Chilled fruit Freshly Baked Chocolate Chip Cookie	1. Popcorn Chicken with Veggie Sticks Greek Pasta Salad Fresh or Chilled Fruit	1. Pepperoni Pizza Hearty Green Salad Fresh or Chilled Fruit
<i>Weekly Alternates:</i>	2. Grilled Chicken Caesar Salad Plate* with Whole Wheat Italian Bread		3. Bagel Fun Lunch	
8	9	10	11	12
1. French Toast Sticks with Syrup & Eggs Fresh Orange Wedges Chilled Fruit <i>Spiced Peach Cobbler</i>	 1. Nacho Fiesta Plate with Toppings Brown Rice & Beans Fresh Orange Wedges	 1. Pizza Dippers with Sauce Fresh Broccoli Bites Fresh or Chilled Fruit	1. Turkey and Gravy with a Whole Wheat Roll Mashed Potatoes Fresh or Chilled Fruit	1. Cheese Pizza Crisp Carrots with Dip Fresh or Chilled Fruit
<i>Weekly Alternates:</i>	2. Yogurt & Fruit Fun Lunch with Graham Crackers		3. Turkey on Whole Wheat Sub Roll	
15	16	17	18	19
1. Hot Dog Baked Beans Fresh or Chilled Fruit	1. Chicken Nuggets with Veggie Sticks Penne and Bean Salad Fresh Apple or Chilled fruit	1. Cheesy Baked Pasta Caesar Salad Fresh and Chilled Fruit Pudding	1. Chicken Burrito Oven Baked Fries Fresh or Chilled Fruit	1. Cheese 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	
22	23	24	25	26
1. French Toast Sticks with Syrup & Eggs Fresh Orange Wedges Chilled Fruit <i>Spiced Apple Crisp</i>	1. Pizza Dippers with Marinara Sauce Ranch Broccoli Bites Fresh or Chilled Fruit	 1. Soft or Hard Shell Taco with Toppings Fiesta Corn & Black Beans Fresh or Chilled fruit	1. Chicken Nuggets with Veggie Sticks Brown Rice Pilaf Fresh Orange Wedges Chilled fruit	1. Cheese Pizza Veggie Sticks 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	
29	30	31	 <p>To Celebrate National Nutrition Month try our Spiced Peach Cobbler on March 8th and our Spiced Apple Crisp on March 22nd</p>	
1. Grilled Chicken Sandwich with Lettuce and Tomato Corn Fresh Fruit or Chilled Fruit	1. Pasta & Meat Sauce Hearty Green Salad Fresh Fruit Chilled Jell-O with Fruit	 1. Chicken Patty Sandwich Mixed Vegetables Fresh fruit or Pineapple Chunks		
<i>Weekly Alternates:</i>	2. Veggie Fun Lunch with Cheese and Crackers		3. Italian Grinder on a 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