

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE
Atlantis Charter School	March 30	March 31	April 1	April 2	April 3	
Breakfast Meal Pattern Requirements Milk: 8oz Fruit or Juice: 8oz Grain: 2oz Breakfast Breaks available every morning. Each kit comes with a variety of cereal favorites, a juice, and a graham cracker/whole grain	Breakfast Breaks General Tso's Chicken Fried Rice Broccoli	Breakfast Breaks Beef Tacos Whole Grain Flour Tortillas, Lettuce, Tomato, Cheese, Salsa, Sour Cream	Breakfast Breaks Crispy Chicken Patty Sandwich Whole Grain Roll Corn	Breakfast Breaks Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Good Friday No School	Turkey & Cheese Sandwich on Whole Grain Bread Fun Lunch Yogurt, Cheese, Cracker, Muffin/Cereal
	6	7	8	9	10	
Lunch Meal Pattern Requirements Milk: 8oz Fruit or Veg: 8oz Grain: 2oz Protein/Alternative: 2oz	Breakfast Breaks Crispy Chicken Tenders Corn	Breakfast Breaks Mozzarella Cheese Bread Twist Broccoli	Breakfast Breaks Nacho Bar Ground beef, cheddar cheese sauce, crispy whole grain tortilla chips, refried beans, salsa & sour cream	Breakfast Breaks Hot Dog Whole Grain Bun Baked Beans	Breakfast Breaks Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Ham & Cheese on Whole Grain Bread Fun Lunch Yogurt, Cheese, Cracker, Muffin/Cereal
	13	14	15	16	17	
Allergy/Dietary Information Food products do not contain Peanuts, Tree Nuts, and Shellfish. Allergy specific meals do not contain whole eggs and dairy.	Breakfast Breaks Chicken Nuggets Dinner Roll Corn	Breakfast Breaks Cheese Stuffed Pasta Shells Garlic Bread Broccoli	Breakfast Breaks Meatball Sub Whole Grain Roll Mixed Veggies	Breakfast Breaks Chicken Drumstick Whole Grain Roll Green Beans	Breakfast Breaks Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Turkey & Cheese Sandwich on Whole Grain Bread Sunbutter & Jelly Sandwich
	20	21	22	23	24	
Contact Nora Perreira Chef Manager Epicurean Feast at Atlantis Charter (508) 646-6410	Spring Recess No School	Spring Recess No School	Spring Recess No School	Spring Recess No School	Spring Recess No School	
	27	28	29	30		
Menus are Subject to Change We try our best to serve the menus we post, however sometimes circumstances beyond our control require us to make last minute changes.	Breakfast Breaks General Tso's Chicken Fried Rice Broccoli	Breakfast Breaks Pancakes & Syrup Sausage Warm Apples	Breakfast Breaks Cheeseburger Whole Grain Bun Carrots	Breakfast Breaks Mac n' Cheese Bar with your choice of BBQ or Buffalo Chicken Corn		Turkey & Cheese Sandwich on Whole Grain Bread Sunbutter & Jelly Sandwich
	Monday choose with any meal: Baby Carrots Celery Sticks Assorted Fresh Fruit Assorted Chilled Fruit	Tuesday choose with any meal: Tomatoes Cucumber Coins Assorted Whole Fruit Assorted Chilled Fruit	Wednesday with any meal: Baby Carrots Assorted Fresh Fruit Assorted Chilled Fruit	Thursday with any meal: Broccoli Crispy Chickpea Salad Assorted Fresh Fruit Assorted Chilled Fruit	Friday choose with any meal: Celery Sticks Broccoli Assorted Fresh Fruit Assorted Chilled Fruit	