December Lower School

EPICUREANFEAST Cafés

Atlantis Charter School offers Free Breakfast and Free Lunch to all Students

Atlantis Charter School

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 cookie

Lunch Meal Pattern Requirements
Milk: 8oz
Fruit or Veg: 8oz
Grain: 2oz
Protein/Alternative: 2oz

Allergy/Dietary Information

Food products do not contain Peanuts, Tree Nuts, and Shellfish. Allergy specific meals do not contain whole eggs and dairy.

Contact

Nora Perreira
Chef Manager
Epicurean Feast at Atlantis Charter
(508) 646-6410

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE
November 30	**December 1**	**December 2**	**December 3**	**December 4**	
Cereal Selection, 100% Juice/Fruit Graham Cracker	**Cereal Selection, 100% Juice/Fruit Graham Cracker**	**Cereal Selection, 100% Juice/Fruit Graham Cracker**	**Cereal Selection, 100% Juice/Fruit Graham Cracker**	**Powdered Donut Bites 100% Juice/Fruit**	**Turkey & Cheese Sandwich on Whole Grain Bread**
Sausage Egg & Cheese Empanada Crispy Potatoes	**Cheeseburger** Potato Chips Carrots	**Chicken Drumstick** Green Beans Dinner Roll	**Nacho Bar** Ground beef, cheddar cheese sauce, crispy whole grain tortilla chips, refried beans, salsa & sour cream	**Pizza Day!!** Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	**Bento Box** Hardboiled Egg, cheee, cracker, fruit
7	**8**	**9**	**10**	**11**	
Cereal Selection, 100% Juice/Fruit Graham Cracker	**Cereal Selection, 100% Juice/Fruit Graham Cracker**	**Cereal Selection, 100% Juice/Fruit Graham Cracker**	**Cereal Selection, 100% Juice/Fruit Graham Cracker**	**Powdered Donut Bites 100% Juice/Fruit**	**Ham & Cheese Sandwich on Whole Grain Bread**
Chicken Nuggets Corn Dinner Roll	**Corn Dog** Baked Beans	**Chicken Alfredo** Whole Grain Penne Broccoli	**Sloppy Joe Sandwich** Whole Grain Bun Grean Beans	**Pizza Day!!** Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	**Fun Lunch** Cereal, yogurt, cheese stick, cracker
14	**15**	**16**	**17**	**18**	
Cereal Selection, 100% Juice/Fruit Graham Cracker	**Cereal Selection, 100% Juice/Fruit Graham Cracker**	**Cereal Selection, 100% Juice/Fruit Graham Cracker**	**Cereal Selection, 100% Juice/Fruit Graham Cracker**	**Powdered Donut Bites 100% Juice/Fruit**	**Turkey & Cheese Sandwich on Whole Grain Bread**
Chicken & Waffles Green Beans	**Mozzarella Stuffed Breadstick Twists** Marinara Dipping Sauce Green Beans	**French Toast** Sausage Patty Warm Apples	**Crispy Chicken Sandwich** Whole Grain Bun Corn	**Pizza Day!!** Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	**Whole Grain Flatbread** Pepperoni Marinara Cheese
21	**22**	**23**	**24**	**25**	
Winter Recess	**Winter Recess**	**Winter Recess**	**Christmas Eve**	**Christmas Day**	
No School	**No School**	**No School**	**No School**	**No School**	
28	**29**	**30**	**31**	**January 1**	
Winter Recess	**Winter Recess**	**Winter Recess**	**New Year's Eve**	**New Year's Day**	
No School	**No School**	**No School**	**No School**	**No School**	
Monday **choose with any meal:** Baby Carrots Celery Sticks Assorted Fresh Fruit Assorted Chilled Fruit	**Tuesday** **choose with any meal:** Grape Tomatoes Cucumber Coins Assorted Whole Fruit Assorted Chilled Fruit	**Wednesday** **choose with any meal:** Sweet Peas Baby Carrots Assorted Fresh Fruit Assorted Chilled Fruit	**Thursday** **choose 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	EPICUREANFEAST Cafés

ATLANTIS CHARTER SCHOOL