December Upper School

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE
Atlantis Charter School	November 30	December 1	December 2	December 3	December 4	
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	**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, rice, salsa & sour cream	**Pizza Day!!** Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	**Bento Box** Hardboiled Egg, cheese, cracker, fruit
	7	8	9	10	11	
Lunch Meal Pattern Requirements Milk: 8oz Fruit or Veg: 8oz Grain: 2oz Protein/Alternative: 2oz	**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	**Yogurt Parfait with Fruit & Granola**
	14	15	16	17	18	
Allergy/Dietary Information Food products do not contain Peanuts, Tree Nuts, and Shellfish. Allergy specific meals do not contain whole eggs and dairy.	**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	**Bento Box** Pepperoni Slices, String Cheese, Cracker, Fruit
	21	22	23	24	25	
Contact **Nora Perreira** Chef Manager *Epicurean Feast at Atlantis Charter* (508) 646-6410	**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	

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.