

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE
Atlantis Charter School	2	3	4	5	6	
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	Breakfast Breaks Crispy Chicken Patty Corn	Breakfast Breaks Mac n' Cheese Bar	Breakfast Breaks Nacho Bar Ground beef, cheddar cheese sauce, crispy whole grain tortilla chips, salsa & sour cream	Breakfast Breaks Cheeseburger Carrots	Parent Teacher Conference No School	Turkey & Cheese Sandwich on Whole Grain Bread Fun Lunch Yogurt, Cheese, Cracker, Muffin/Cereal
Lunch Meal Pattern Requirements Milk: 8oz Fruit or Veg: 8oz Grain: 2oz Protein/Alternative: 2oz	Breakfast Breaks Chicken Drumstick Dinner Roll Corn	Breakfast Breaks Corn Dog Baked Beans	Breakfast Breaks Pasta w/ Meat Sauce Broccoli	Breakfast Breaks Crispy Chicken Tenders 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
Allergy/Dietary Information Food products do not contain Peanuts, Tree Nuts, and Shellfish. Allergy specific meals do not	Winter Recess No School	Winter Recess No School	Winter Recess No School	Winter Recess No School	Winter Recess No School	
Contact Nora Pereira 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.	23 Breakfast Breaks Sloppy Joe Whole Grain Bun	24 Breakfast Breaks Chicken Nuggets Corn	25 Breakfast Breaks Shepherd's Pie Peas & Carrots	26 Breakfast Breaks Waffles Sausage Crispy Potatoes	30 Breakfast Breaks Pizza Day! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Ham & Cheese Whole Grain Bread Fun Lunch Yogurt, Cheese, Cracker, Muffin/Cereal
	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	