


|  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | WEEKLY ALTERNATE   |
|--|--|--|--|---|--|--|
| <b>Atlantis Charter School</b>   | 5  | 6  | 7  | 8   | 9  |  |
| <b>Breakfast Meal Pattern Requirements</b><br>Milk: 8oz<br>Fruit or Juice: 8oz<br>Grain: 2oz<br>Breakfast Breaks available every morning. Each kit comes with a variety of cereal favorites, a juice, and a graham | Breakfast Breaks<br><br>General Tso Chicken  | Breakfast Breaks<br><br>Sloppy Joe   | Breakfast Breaks<br><br>Chicken Nuggets<br>Dinner Roll<br>Corn   | Breakfast Breaks<br><br>French Toast<br>Sausage<br>Crispy Potatos   | Breakfast Breaks<br><br>Pizza Day!!<br>Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple              | Ham & Cheese on Whole Grain Bread<br><br>Fun Lunch<br>Yogurt, Cheese, Cracker, Muffin/Cereal             |
| <b>Lunch Meal Pattern Requirements</b><br>Milk: 8oz<br>Fruit or Veg: 8oz<br>Grain: 2oz<br>Protein/Alternative: 2oz   | 12   | 13   | 14   | 15  | 16   |  |
|  | Breakfast Breaks<br><br>Chicken Drumstick<br>Dinner Roll<br>Corn   | Breakfast Breaks<br><br>Hot Dog<br>Baked Beans   | Breakfast Breaks<br><br>Pasta w/ Meat Sauce<br>Broccoli  | Breakfast Breaks<br><br>Crispy Chicken Tenders<br>Whole Grain Roll<br>Green Beans   | Breakfast Breaks<br><br>Pizza Day!!<br>Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple              | Turkey & Cheese Sandwich on Whole Grain Bread<br><br>Fun Lunch<br>Yogurt, Cheese, Cracker, Muffin/Cereal |
| <b>Allergy/Dietary Information</b><br>Food products do not contain Peanuts, Tree Nuts, and Shellfish. Allergy specific meals do not  | 19   | 20   | 21 Half Day  | 22  | 23   |  |
|  | Martin Luther King Jr. Day<br><br>No School  | Breakfast Breaks<br><br>Cheese Calzone<br>Broccoli<br>Marinara   | Breakfast Breaks<br><br>Fruit Danish<br>Yogurt<br>Cheese Stick   | Breakfast Breaks<br><br>Nacho Bar<br>Ground beef, cheddar cheese sauce, crispy whole grain tortilla chips, salsa & sour cream | Breakfast Breaks<br><br>Pizza Day!!<br>Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple              | Ham & Cheese on Whole Grain Bread<br><br>Sunbutter & Jelly Sandwich                                      |
| <b>Contact</b><br><b>Nora Pereira</b><br>Chef Manager<br>Epicurean Feast at<br>Atlantis Charter<br>(508) 646-6410  | 26   | 27   | 28   | 29  | 30   |  |
| Menus are Subject to Change<br><br>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<br><br>Crispy Chicken Patty<br>Mashed Potato<br>Green Beans   | Breakfast Breaks<br><br>Cheeseburger<br>Carrots  | Breakfast Breaks<br><br>Waffles<br>Sausage<br>Warm Apples  | Breakfast Breaks<br><br>Crispy Chicken Patty<br>Corn  | Breakfast Breaks<br><br>Pizza Day!!<br>Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple              | Turkey & Cheese Whole Grain Bread<br><br>Fun Lunch<br>Yogurt, Cheese, Cracker, Muffin/Cereal             |
|  | <b>Monday choose with any meal:</b><br>Baby Carrots<br>Celery Sticks<br>Assorted Fresh Fruit<br>Assorted Chilled Fruit | <b>Tuesday choose with any meal:</b><br>Grape Tomatoes<br>Cucumber Coins<br>Assorted Whole Fruit<br>Assorted Chilled Fruit | <b>Wednesday choose with any meal:</b><br>Sweet Peas<br>Baby Carrots<br>Assorted Fresh Fruit<br>Assorted Chilled Fruit | <b>Thursday choose with any meal:</b><br>Broccoli<br>Crispy Chickpea Salad<br>Assorted Fresh Fruit<br>Assorted Chilled Fruit  | <b>Friday choose with any meal:</b><br>Celery Sticks<br>Broccoli<br>Assorted Fresh Fruit<br>Assorted Chilled Fruit |                     |