

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE
Atlantis Charter School	5	6	7	8	9	
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 General Tso Chicken	Breakfast Breaks Sloppy Joe	Breakfast Breaks Chicken Nuggets Dinner Roll Corn	Breakfast Breaks French Toast Potatos Crispy	Breakfast Breaks Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Ham & Cheese on Whole Grain Bread Caesar Salad
Lunch Meal Pattern Requirements Milk: 8oz Fruit or Veg: 8oz Grain: 2oz Protein/Alternative: 2oz	12	13	14	15	16	
	Breakfast Breaks Chicken Drumstick Dinner Roll Corn	Breakfast Breaks Hot 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 Strawberry Yogurt Parfait with Granola
Allergy/Dietary Information 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 No School	Breakfast Breaks Cheese Calzone Broccoli Marinara	Breakfast Breaks Fruit Danish Yogurt Cheese Stick	Breakfast Breaks Nacho Bar Ground beef, cheddar cheese sauce, crispy whole grain tortilla chips, salsa & sour cream	Breakfast Breaks Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Ham & Cheese on Whole Grain Bread Garden Salad Chopped Romaine, Cucumber, Tomato
Contact	26	27	28	29	30	
Nora Pereira Chef Manager Epicurean Feast at Atlantis Charter (508) 646-6410	Breakfast Breaks Crispy Chicken Patty Mashed Potato Green Beans	Breakfast Breaks Cheeseburger Carrots	Breakfast Breaks Waffles Sausage Warm Apples	Breakfast Breaks Crispy Chicken Patty Corn	Breakfast Breaks Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Turkey & Cheese Whole Grain Bread Italian sub
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 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	