


| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKLY ALTERNATE |
|---|--|---|--|--|--|--|
| Atlantis Charter School | | | | | 1-Nov | |
| Breakfast Requirements | | | | | Breakfast Breaks | Turkey & Cheese on Whole Grain Bread |
| Milk: 8oz. Fruit or Juice: 1c / 8oz. Grain: 2oz. | | | | | Pizza Day!! Assorted Fruit & Vegetables | Fun Lunch |
| Lunch Requirements | | | | | | |
| Milk: 8oz. Fruit or Veg: 8oz. Protein: 2oz. | | | | | | |
| 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. | | | | | | |
| | 4' | 5 | 6 Half Day | 7 | 8 | |
| | Breakfast Breaks | Breakfast Breaks | Breakfast Breaks | Breakfast Breaks | Breakfast Breaks | Tuna Sandwich on Whole Grain Bread |
| | Chicken Drumstick Green Beans, Dinner Roll | Nacho Bar Whole Grain Tortilla Chips, Cheese, Refried Beans, Salsa | Cinnamon Danish Apple Slices | Flamegrilled Cheeseburger Crispy Diced Potatoes, Broccoli | Pizza Day!! Assorted Fruit & Vegetables | Fun Lunch |
| | 11 | 12 | 13 | 14 | 15 | |
| Allergy/Dietary Information | | | | | | |
| Food products do not contain Peanuts, Tree Nuts, and Shellfish. Allergy specific meals do not contain whole eggs and dairy. | | | | | | |
| Breakfast | | | | | | |
| Breakfast Breaks available every morning. Each kit comes with a variety of cereal favorites, a juice, and a graham cracker/whole grain cookie | | | | | | |
| | Veteran's Day | Breakfast Breaks | Breakfast Breaks | Breakfast Breaks | Breakfast Breaks | Ham & Cheese Sandwich on Whole Grain Bread |
| No School | Crispy Chicken Patty on a Roll Waffle Fries, Corn | Cheese Quesadilla Fiesta Rice, Vegetable Medley | Hot Dog on a Roll Baked Beans, Carrots | Pizza Day!! Assorted Fruit & Vegetables | Fun Lunch | |
| | 18 | 19 | 20 | 21 | 22 | |
| | Breakfast Breaks | Breakfast Breaks | Breakfast Breaks | Breakfast Breaks | Breakfast Breaks | Turkey & Cheese on Whole Grain Bread |
| | Chicken Nuggets Seasoned Potato Wedges, Corn | Pancakes with Turkey Sausage Carrots, Maple Syrup | General Tso's Chicken Brown Rice, Broccoli | Lasagna Roll-Up Broccoli | Pizza Day!! Assorted Fruit & Vegetables | Fun Lunch |
| | 25 | 26 | 27 Half Day | 28' | 29' | |
| Contact | | | | | | |
| Nora Perreira Chef Manager Epicurean Feast at Atlantis Charter (508) 646-6410 | | | | | | |
| | Breakfast Breaks | Breakfast Breaks | Breakfast Breaks | Happy Thanksgiving! | Black Friday | Ham & Cheese on Whole Grain Bread |
| Mozarella Cheese Stuffed Bread Twist Marinara Sauce, Green Beans | Homestyle Turkey Dinner Mashed Potatoes, Gravy, Corn | Cinnamon Danish Apple Slices | No School | No School | Fun Lunch | Sunbutter & Jelly Sandwich |
| | Monday any meal: Baby Carrots Celery Sticks Assorted Fresh Fruit Assorted Chilled Fruit | choose with 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 Caesar Salad Assorted Fresh Fruit Assorted Chilled Fruit | |
| | | | | | |  <p>EPICUREANFEAST Cafés</p> |