

February Lower School

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE
Atlantis Charter School	February 3rd	February 4	February 5	February 6	7-Feb	
Breakfast Meal Pattern Requirements Milk: 8oz Fruit or Juice: 8oz Grain: 2oz	Breakfast Breaks Cheeseburger on a Whole Grain Bun Lettuce, Tomato, Corn	Breakfast Breaks Chicken Nuggets Steamed Carrots, Dinner Roll	Breakfast Breaks Nacho Bar with Ground Beef Cheddar Cheese Sauce, Whole Grain Tortilla Chips	Breakfast Breaks Waffle with Syrup Sausage Patty Seasoned Potatoes	Parent/Teacher Conference No School	Ham & Cheese on Whole Grain Bread Fun Lunch (Yogurt, Cheese, Cracker, Muffin/Cereal)
	10	11	12	13	14	
Lunch Meal Pattern Requirements Milk: 8oz Fruit or Veg: 8oz Grain: 2oz Protein/Alternative: 2oz	Breakfast Breaks Mac & Cheese Bar Your choice of BBQ or Buffalo Chicken, Broccoli	Breakfast Breaks Crispy Chicken Patty Green Beans	Breakfast Breaks Hot Dog Baked Beans	Breakfast Breaks Meatball Sub on Whole Grain Bread Broccoli, Fruit	Breakfast Breaks Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple	Turkey & Cheese Sandwich on Whole Grain Bread Fun Lunch (Yogurt, Cheese, Cracker, Muffin/Cereal)
Allergy/Dietary Information Food products do not contain Peanuts, Tree Nuts, and Shellfish. Allergy specific meals do not contain whole eggs and dairy.	17	18	19	20	21	
Breakfast Breakfast Breaks available every morning. Each kit comes with a variety of cereal favorites, a juice, and a graham cracker/whole grain cookie	Winter Recess No School	Winter Recess No School	Winter Recess No School	Winter Recess No School	Winter Recess No School	
	24	25	26	27	28	
Contact Nora Perreira 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.	Breakfast Breaks Sweet n' Sour Chicken Rice Mixed Vegetables	Breakfast Breaks Sloppy Joe on a Whole Grain Bun Waffle Fries Baked Beans	Breakfast Breaks Chicken Nuggets Dinner Roll Carrots	Breakfast Breaks French Toast with Syrup Sausage Patty Apple Slices	Breakfast Breaks Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple	Turkey & Cheese Sandwich on 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 Caesar Salad Assorted Fresh Fruit Assorted Chilled Fruit	