


	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 cracker/whole grain	Breakfast Breaks Sloppy Joe Whole Grain Bun	Breakfast Breaks Chicken Nuggets Corn	Breakfast Breaks Shepherd's Pie Peas & Carrots	Breakfast Breaks Waffles Sausage Crispy Potatoes	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
	9	10	11 Early Dismissal	12	13	
Lunch Meal Pattern Requirements Milk: 8oz Fruit or Veg: 8oz Grain: 2oz Protein/Alternative: 2oz	Breakfast Breaks Crispy Chicken Tenders Corn	Breakfast Breaks Meatball Sub Broccoli	Breakfast Breaks Fruit Danish Yogurt Cheese Stick	Breakfast Breaks Cheeseburger Whole Grain Bun Carrots	Breakfast Breaks Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Ham & Cheese 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.	Breakfast Breaks Chicken Nuggets Dinner Roll Corn	Breakfast Breaks Sloppy Joe Whole Grain Bun Vegetarian Baked Beans	Breakfast Breaks Mac n' Cheese Bar Corn Your choice of BBQ or Buffalo Chicken	Breakfast Breaks Cheese Stuffed Pasta Shells Garlic Bread Broccoli	Breakfast Breaks Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Turkey & Cheese Sandwich on Whole Grain Bread Fun Lunch Yogurt, Cheese, Cracker, Muffin/Cereal
Contact Nora Perreira Chef Manager Epicurean Feast at Atlantis Charter (508) 646-6410	23	24	25 Early Dismissal	26	27	
	Breakfast Breaks Chicken Drumstick Dinner Roll Corn	Breakfast Breaks BBQ Meatballs Potato Wedges Baked Beans	Breakfast Breaks Fruit Danish Yogurt Cheese Stick	Breakfast Breaks French Toast Sausage Warm Apples	Breakfast Breaks Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Ham & Cheese on Whole Grain Bread Sunbutter & Jelly Sandwich
	30	31				
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 General Tso's Chicken Fried Rice Broccoli	Breakfast Breaks Beef Tacos Whole Grain Flour Tortillas, Lettuce, Tomato, Cheese, Salsa, Sour Cream				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 Tomatoes Baby Carrots Assorted Fresh Fruit Assorted Chilled Fruit	Thursday choose with any meal: Broccoli Cucumber Coins Assorted Fresh Fruit Assorted Chilled Fruit	Friday choose with any meal: Celery Sticks Broccoli Assorted Fresh Fruit Assorted Chilled Fruit	 <p>EPICUREANFEAST Cafes</p>

