

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE
<b>Atlantis Charter School</b>	2	3	4	5	6	
<b>Breakfast Meal Pattern Requirements</b> 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.	<b>Breakfast Breaks</b>  <b>Sloppy Joe</b> Whole Grain Bun	<b>Breakfast Breaks</b>  <b>Chicken Nuggets</b> Corn	<b>Breakfast Breaks</b>  <b>Shepherd's Pie</b> Peas & Carrots	<b>Breakfast Breaks</b>  <b>Waffles</b> Sausage Crispy Potatoes	<b>Breakfast Breaks</b>  <b>Pizza Day!!</b> Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	<b>Ham &amp; Cheese Whole Grain Bread</b>  <b>Tuna Salad Sandwich on Whole Grain Bread</b>
	9	10	11 Early Dismissal	12	13	
<b>Lunch Meal Pattern Requirements</b> Milk: 8oz Fruit or Veg: 8oz Grain: 2oz Protein/Alternative: 2oz	<b>Breakfast Breaks</b>  <b>Crispy Chicken Tenders</b> Com	<b>Breakfast Breaks</b>  <b>Meatball Sub</b> Broccoli	<b>Breakfast Breaks</b>  <b>Fruit Danish</b> Yogurt <b>Cheese Stick</b>	<b>Breakfast Breaks</b>  <b>Cheeseburger</b> Whole Grain Bun Carrots	<b>Breakfast Breaks</b>  <b>Pizza Day!!</b> Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	<b>Ham &amp; Cheese on Whole Grain Bread</b>  <b>Garden Salad</b> Chopped Romaine, Cucumber, Tomato
	16	17	18	19	20	
<b>Allergy/Dietary Information</b>  Food products do not contain Peanuts, Tree Nuts, and Shellfish. Allergy specific meals do not contain whole eggs and dairy.	<b>Breakfast Breaks</b>  <b>Chicken Nuggets</b> Dinner Roll Com	<b>Breakfast Breaks</b>  <b>Sloppy Joe</b> Whole Grain Bun Vegetarian Baked Beans	<b>Breakfast Breaks</b>  <b>Mac n' Cheese Bar</b> Corn Your choice of BBQ or Buffalo Chicken	<b>Breakfast Breaks</b>  <b>Cheese Stuffed Pasta Shells</b> Garlic Bread Broccoli	<b>Breakfast Breaks</b>  <b>Pizza Day!!</b> Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	<b>Turkey &amp; Cheese Sandwich on Whole Grain Bread</b>  <b>Bento Box</b> (Hardboiled Egg, String Cheese, Pretzels, Edamame)
	23	24	25 Early Dismissal	26	27	
<b>Contact</b>  <b>Nora Perreira</b> Chef Manager <i>Epicurean Feast at Atlantis Charter</i> (508) 646-6410	<b>Breakfast Breaks</b>  <b>Chicken Drumstick</b> Dinner Roll Com	<b>Breakfast Breaks</b>  <b>BBQ Meatballs</b> Potato Wedges Baked Beans	<b>Breakfast Breaks</b>  <b>Fruit Danish</b> Yogurt <b>Cheese Stick</b>	<b>Breakfast Breaks</b>  <b>French Toast</b> <b>Sausage</b> <b>Warm Apples</b>	<b>Breakfast Breaks</b>  <b>Pizza Day!!</b> Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	<b>Ham &amp; Cheese on Whole Grain Bread</b>  <b>Tuna Salad Sandwich on Whole Grain Bread</b>
	30	31				
<b>Menus are Subject to Change</b>  We try our best to serve the menus we post, however sometimes circumstances beyond our control require us to make last minute changes.	<b>Breakfast Breaks</b>  <b>General Tso's Chicken</b> Fried Rice Broccoli	<b>Breakfast Breaks</b>  <b>Beef Tacos</b> Whole Grain Flour Tortillas, Lettuce, Tomato, Cheese, Salsa, Sour Cream				<b>Turkey &amp; Cheese Sandwich on Whole Grain Bread</b>  <b>Garden Salad</b> Chopped Romaine, Cucumber, Tomato
	Monday choose with any meal: Baby Carrots Celery Sticks Assorted Fresh Fruit Assorted Chilled Fruit	Tuesday choose with any meal: Tomatoes Cucumber Coins Assorted Whole Fruit Assorted Chilled Fruit	Wednesday choose with any meal: 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 Broccoli Assorted Fresh Fruit Assorted Chilled Fruit	