

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE
Atlantis Charter School	December 30	December 31	January 1	January 2	3	
Breakfast Meal Pattern Requirements Milk: 8oz Fruit or Juice: 8oz Grain: 2oz	Christmas & New Year's Recess No School	Christmas & New Year's Recess No School	Happy New Year! No School	Breakfast Breaks Chicken Tenders Corn Dinner Roll	Breakfast Breaks Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple	Turkey & Cheese on Whole Grain Bread Sunbutter & Jelly Sandwich on Whole Grain Bread
	6	7	8	9	10	
Lunch Meal Pattern Requirements Milk: 8oz Fruit or Veg: 8oz Grain: 2oz Protein/Alternative: 2oz	Breakfast Breaks Popcorn Chicken Rice, Sliced Carrots, Fruit	Breakfast Breaks Cheese Quesadilla Fiesta Rice Corn & Black Bean Medley	Breakfast Breaks Waffle with Syrup Sausage Seasoned Potatoes	Breakfast Breaks Penne Pasta with Meatballs Broccoli, Fruit	Breakfast Breaks Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple	Ham & Cheese Sandwich on Whole Grain Bread Fun Lunch
	13	14	15	16	17	
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 Hot Dog Platter Boston Baked Beans	Breakfast Breaks Crispy Chicken Parm Potato Wedges Corn	Breakfast Breaks Chicken Alfredo Pasta Broccoli	Breakfast Breaks Cheese Filled Breadsticks with Dipping Sauce Broccoli, Juice	Breakfast Breaks Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple	Turkey & Cheese Sandwich on Whole Grain Bread Fun Lunch
Breakfast Breakfast Breaks available every morning. Each kit comes with a variety of cereal favorites, a juice, and a graham cracker/whole grain cookie	20	21	22 Half Day	23	24	
	Martin Luther King Jr. Day No School	Breakfast Breaks Sloppy Joe Sandwich Corn	Breakfast Breaks Mini Cinnamon Roll Assorted Fruit & Vegetables	Breakfast Breaks Chicken Nuggets Green Beans Dinner Roll	Breakfast Breaks Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple	Turkey & Cheese Sandwich on Whole Grain Bread Ham & Cheese Sandwich on Whole Grain Bread
	27	28	29	30	31	
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 Meatball Sub Broccoli	Breakfast Breaks Nacho Bar Whole grain tortilla chips, ground beef, nacho cheese sauce, salsa	Breakfast Breaks Penne Pasta with Meat Sauce Green Beans	Breakfast Breaks Chicken Patty Corn	Breakfast Breaks Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple	Fun Lunch Ham & Cheese Sandwich on Whole Grain Bread
	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	
						