


| | 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 Yogurt & Fruit Parfait |
| 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 Garden Salad |
| 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 |
| Contact | 27 | 28 | 29 | 30 | 31 | |
| 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 | Italian Sub 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 | |
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