November Lower School

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE
Atlantis Charter School	November 2	November 3	November 4 Half Day	November 5	November 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**	**Breakfast Breaks**	**Breakfast Breaks**	**Breakfast Breaks**	**Breakfast Breaks**	**Turkey & Cheese Sandwich on Whole Grain Bread**
	Chicken Nuggets Corn Dinner Roll	**Nacho Bar** Ground beef, cheddar cheese sauce, crispy whole grain tortilla chips, refried beans, salsa & sour cream	**Whole Grain Honey Bun** **Yogurt** **Cheese Stick**	**Hot Dog** Baked Beans	**Pizza Day!!** Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	**Fun Lunch** (Yogurt, Cheese, Cracker, Muffin/Cereal)
	9	10	11	12	13	
Lunch Meal Pattern Requirements Milk: 8oz Fruit or Veg: 8oz Grain: 2oz Protein/Alternative: 2oz	**Breakfast Breaks**	**Breakfast Breaks**	**Veterans Day**	**Breakfast Breaks**	**Breakfast Breaks**	**Sunbutter & Jelly Sandwich on Whole Grain Bread**
	Maple Waffle **Sausage Patty** **Crispy Potatoes**	**Cheeseburger** Potato Chips Carrots	**No School**	**Crispy Chicken Sandwich** Whole Grain Bun Corn	**Pizza Day!!** Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	**Ham & Cheese Sandwich on Whole Grain Bread**
	16	17	18	19	20	
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**	**Breakfast Breaks**	**Breakfast Breaks**	**Breakfast Breaks**	**Breakfast Breaks**	**Turkey & Cheese Sandwich on Whole Grain Bread**
	Pasta with Meat Sauce Broccoli Dinner Roll	**Chicken Tenders** Mixed Veggies Rice	**Chili Cheese Frito Bowl** Corn Muffin	**Roasted Chicken Drumstick** Dinner Roll Green Beans	**Pizza Day!!** Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	**Fun Lunch** (Yogurt, Cheese, Cracker, Muffin/Cereal)
Contact **Nora Perreira** Chef Manager *Epicurean Feast at Atlantis Charter* (508) 646-6410	23	24	25 Half Day	26	27	
	Breakfast Breaks	**Breakfast Breaks**	**Breakfast Breaks**	**Thanksgiving Day**	**Black Friday**	**Ham & Cheese Sandwich on Whole Grain Bread**
	Roast Turkey Dinner Mashed Potatoes Dinner Roll Green Beans	**Sloppy Joe** Whole Grain Bun Vegetarian Baked Beans	**Whole Grain Honey Bun** **Yogurt** **Cheese Stick**	**No School**	**No School**	**Sunbutter & Jelly Sandwich on Whole Grain Bread**
	30	December 1	December 2	December 3	December 4	
	Breakfast Breaks					**Turkey & Cheese Sandwich on Whole Grain Bread**
	Sausage **Egg & Cheese Empanada** Crispy Potatoes					**Garden Salad** (Chopped Romaine, Cucumber, Tomato)
	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 Broccoli Assorted Fresh Fruit Assorted Chilled Fruit	

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.