

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE	
Atlantis Charter School	September 29	September 30	October 1	October 2	October 3		
Breakfast Meal Pattern Requirements Milk: 8oz Fruit or Juice: 8oz Grain: 2oz	Breakfast Breaks Sweet n' Sour Chicken Brown Rice Mixed Veggies	Breakfast Breaks Meatball Sub Whole Grain Roll Broccoli	Breakfast Breaks Roasted Chicken Drumstick Green Beans Dinner Roll	Breakfast Breaks Hot Dog Platter Baked Beans	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	
	6	7	8 Half Day	9	10		
Lunch Meal Pattern Requirements Milk: 8oz Fruit or Veg: 8oz Grain: 2oz Protein/Alternative : 2oz	Breakfast Breaks Chicken Nuggets Corn Dinner Roll	Breakfast Breaks Nacho Bar Ground beef, cheddar cheese sauce, crispy whole grain tortilla chips, salsa & sour cream	Breakfast Breaks Fruit Danish Yogurt Cheese Stick	Breakfast Breaks Salisbury Steak Gravy Green Beans Mashed Potatoes	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	
	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.	Indigenous Peoples' Day Columbus Day No School	Breakfast Breaks Chicken Cacciatore Pasta Bake Broccoli	Breakfast Breaks Stuffed Hash Brown Sausage Warm Apples	Breakfast Breaks Flamebroiled Cheeseburger Carrots	Breakfast Breaks Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Sunbutter & Jelly Sandwich on Whole Grain Bread Fun Lunch Yoqurt. Cheese. Cracker. Muffin/Cereal	
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		
	Breakfast Breaks Crispy Chicken Sandwich Whole Grain Bun Green Beans	Breakfast Breaks Pasta with Meat Sauce Broccoli	Breakfast Breaks Cinnamon Danish Yogurt Cheese Stick	Breakfast Breaks General Tso's Chicken Brown Rice Mixed Veggies	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	27	28	29	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 Mac n' Cheese Bar With your choice of Buffalo or BBQ Chicken	Breakfast Breaks Barbacoa Burrito Bowl Rice Corn	Breakfast Breaks Chicken Alfredo Whole Grain Pasta Broccoli	Breakfast Breaks Meatball Sub Whole Grain Roll Broccoli	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	
	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		
							