

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE
Atlantis Charter School	August 31	September 1	September 2 Half Day	September 3	September 4	
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
	Mac n' Cheese Bar with your choice of BBQ or Buffalo Chicken Green Beans	Chicken Quesadilla Rice Fiesta Corn	Fruit Danish Yogurt Cheese Stick	Chicken Tenders Lemon Rice Corn	Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Sunbutter & Jelly Sandwich on Whole Grain Bread
	September 7	8	9	10	11	
Lunch Meal Pattern Requirements Milk: 8oz Fruit or Veg: 8oz Grain: 2oz Protein/Alternative: 2oz	Labor Day	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Ham & Cheese Sandwich on Whole Grain Bread
	No School	Popcorn Chicken Bowl Mashed Potatoes Corn Cheese	French Toast Sausage Warm Apples	Meatball Sub Broccoli	Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Garden Salad Chopped Romaine, Cucumber, Tomato
	14	15	16 Half Day	17	18	
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	Crispy Chicken Sandwich Whole Grain Bun Green Beans	Fruit Danish Yogurt Cheese Stick	Nacho Bar Ground beef, cheddar cheese sauce, crispy whole grain tortilla chips, refried beans, salsa & sour cream	Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Bento Box (Hardboiled Egg, String Cheese, Pretzels, Edamame)
	21	22	23	24	25	
Contact Nora Perreira Chef Manager Epicurean Feast at Atlantis Charter (508) 646-6410	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Ham & Cheese Sandwich on Whole Grain Bread
	General Tso's Chicken Rice Broccoli	Mozzarella Stuffed Breadstick Twists Marinara Dipping Sauce Green Beans	Roasted Chicken Drumstick Dinner Roll Corn	Cheeseburger Potato Chips Carrots	Pizza Day!! Cheese Pizza, Caesar Salad, Vegetable Juice Blend, Fresh Apple	Tuna Salad Sandwich on Whole Grain Bread
	28	29	30	October 1	October 2	
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	Breakfast Breaks	Breakfast Breaks			Turkey & Cheese Sandwich on Whole Grain Bread
	Cheese Omelet Sausage Seasoned Potatoes	Chicken Nuggets Corn Dinner Roll	Sloppy Joe Whole Grain Bun Vegetarian Baked Beans			Chicken Caesar Salad Wrap
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 with any meal: Baby Carrots Assorted Fresh Fruit Assorted Chilled Fruit	Thursday with any meal: Broccoli Crispy Chickpea Salad Assorted Fresh Fruit Assorted Chilled Fruit	Friday choose with any meal: Sticks Broccoli Assorted Fresh Fruit Assorted Chilled Fruit	Celery	 EPICUREANFEAST Cafes