

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE
Atlantis Charter School					1-Nov	
Breakfast Requirements					Breakfast Breaks	Turkey & Cheese on Whole Grain Bread
Milk: 8oz. Fruit or Juice: 1c / 8oz. Grain: 2oz.					Pizza Day!! Assorted Fruit & Vegetables	Yogurt Parfait
Lunch Requirements						
Milk: 8oz. Fruit or Veg: 8oz. Protein: 2oz.						
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.						
	4'	5	6 Half Day	7	8	
	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Tuna Sandwich on Whole Grain Bread
	Chicken Drumstick Green Beans, Dinner Roll	Nacho Bar Whole Grain Tortilla Chips, Cheese, Refried Beans, Salsa	Cinnamon Danish Apple Slices	Flamegrilled Cheeseburger Crispy Diced Potatoes, Broccoli	Pizza Day!! Assorted Fruit & Vegetables	Ham & Cheese Sandwich on Whole Grain Bread
	11	12	13	14	15	
Allergy/Dietary Information						
Food products do not contain Peanuts, Tree Nuts, and Shellfish. Allergy specific meals do not contain whole eggs and dairy.						
Breakfast						
Breakfast Breaks available every morning. Each kit comes with a variety of cereal favorites, a juice, and a graham cracker/whole grain cookie						
	Veteran's Day	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Ham & Cheese Sandwich on Whole Grain Bread
No School	Crispy Chicken Patty on a Roll Waffle Fries, Corn	Cheese Quesadilla Fiesta Rice, Vegetable Medley	Hot Dog on a Roll Baked Beans, Carrots	Pizza Day!! Assorted Fruit & Vegetables	Yogurt Parfait	
	18	19	20	21	22	
	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Turkey & Cheese on Whole Grain Bread
	Chicken Nuggets Seasoned Potato Wedges, Corn	Pancakes with Turkey Sausage Carrots, Maple Syrup	General Tso's Chicken Brown Rice, Broccoli	Lasagna Roll-Up Broccoli	Pizza Day!! Assorted Fruit & Vegetables	Spinach Salad
	25	26	27 Half Day	28'	29'	
Contact						
Nora Perreira Chef Manager Epicurean Feast at Atlantis Charter (508) 646-6410						
	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Happy Thanksgiving!	Black Friday	Ham & Cheese on Whole Grain Bread
	Mozarella Cheese Stuffed Bread Twist Marinara Sauce, Green Beans	Homestyle Turkey Dinner Mashed Potatoes, Gravy, Corn	Cinnamon Danish Apple Slices	No School	No School	Sunbutter & Jelly Sandwich
	Monday any meal: Baby Carrots Celery Sticks Assorted Fresh Fruit Assorted Chilled Fruit	choose with 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	
						