


February Upper School

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKLY ALTERNATE |
|---|---|---|---|---|---|---|
| Atlantis Charter School | February 3rd | February 4 | February 5 | February 6 | 7-Feb | |
| Breakfast Meal Pattern Requirements Milk: 8oz Fruit or Juice: 8oz Grain: 2oz | Breakfast Breaks Cheeseburger on a Whole Grain Bun Lettuce, Tomato, Corn | Breakfast Breaks Chicken Nuggets Steamed Carrots, Dinner Roll | Breakfast Breaks Nacho Bar with Ground Beef Cheddar Cheese Sauce, Whole Grain Tortilla Chips | Breakfast Breaks Waffle with Syrup Sausage Patty Seasoned Potatoes | Parent/Teacher Conference No School | Ham & Cheese on Whole Grain Bread Caesar Salad |
| | 10 | 11 | 12 | 13 | 14 | |
| Lunch Meal Pattern Requirements Milk: 8oz Fruit or Veg: 8oz Grain: 2oz Protein/Alternative: 2oz | Breakfast Breaks Mac & Cheese Bar Your choice of BBQ or Buffalo Chicken, Broccoli | Breakfast Breaks Crispy Chicken Patty Green Beans | Breakfast Breaks Hot Dog Baked Beans | Breakfast Breaks Meatball Sub on Whole Grain Bread Broccoli, Fruit | Breakfast Breaks Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple | Turkey & Cheese Sandwich on Whole Grain Bread Garden Salad |
| Allergy/Dietary Information Food products do not contain Peanuts, Tree Nuts, and Shellfish. Allergy specific meals do not contain whole eggs and dairy. | 17 | 18 | 19 | 20 | 21 | |
| Breakfast Breakfast Breaks available every morning. Each kit comes with a variety of cereal favorites, a juice, and a graham cracker/whole grain cookie | Winter Recess No School | Winter Recess No School | Winter Recess No School | Winter Recess No School | Winter Recess No School | |
| | 24 | 25 | 26 | 27 | 28 | |
| Contact Nora Perreira Chef Manager Epicurean Feast at Atlantis Charter (508) 646-6410 | Breakfast Breaks Sweet n' Sour Chicken Rice Mixed Vegetables | Breakfast Breaks Sloppy Joe on a Whole Grain Bun Waffle Fries Baked Beans | Breakfast Breaks Chicken Nuggets Dinner Roll Carrots | Breakfast Breaks French Toast with Syrup Sausage Patty Apple Slices | Breakfast Breaks Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple | Turkey & Cheese Sandwich on Whole Grain Bread Garden Salad |
| 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. | | | | | | |
| | 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 |  |