

May Upper School

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE
Atlantis Charter School	April 28	April 29	April 30	May 1	May 2	
Breakfast Meal Pattern Requirements Milk: 8oz Fruit or Juice: 8oz Grain: 2oz	Breakfast Breaks Popcorn Chicken Rice Mixed Veggies	Breakfast Breaks Hot Dog Platter Baked Beans	Breakfast Breaks Crispy Chicken Patty on a Whole Grain Bun Corn	Breakfast Breaks Cheeseburger on a Whole Grain Bun Lettuce, Tomato, Carrots	Breakfast Breaks Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple	Ham & Cheese on Whole Grain Bread Garden Salad
	5	6	7	8	9	
Lunch Meal Pattern Requirements Milk: 8oz Fruit or Veg: 8oz Grain: 2oz Protein/Alternative: 2oz	Breakfast Breaks Crispy Chicken Patty on a Whole Grain Bun Green Beans	Breakfast Breaks French Toast Sticks with Syrup Sausage Patty, Crispy Home Fries	Breakfast Breaks Chicken Nuggets Rice Broccoli	Breakfast Breaks Nacho Bar with Ground Beef Cheddar Cheese Sauce, Whole Grain Tortilla Chips, Refried Beans	Breakfast Breaks Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple	Yogurt & Fruit Parfait Turkey & Cheese Sandwich on Whole Grain Bread
	12	13	14 Half Day	15	16	
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 General Tso's Chicken Fried Rice Mixed Veggies	Breakfast Breaks Pancakes, Sausage Patty, Sliced Apples	Breakfast Breaks Cinnamon Roll, Maple Syrup, Apples	Breakfast Breaks Hotdog Platter Baked Beans	Breakfast Breaks Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple	Chicken Caesar Wrap Ham & Cheese on Whole Grain Bread
Breakfast Breakfast Breaks available every morning. Each kit comes with a variety of cereal favorites, a juice, and a graham cracker/whole grain cookie	19	20	21	22	23	
	Breakfast Breaks Cheeseburger on a Whole Grain Bun Carrots	Breakfast Breaks Chicken Patty on a Whole Grain Bun Corn	Breakfast Breaks Penne Pasta with Meat Sauce Dinner Roll Broccoli	Breakfast Breaks Roasted Chicken Drumstick Dinner Roll Carrots	Breakfast Breaks Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple	Turkey & Cheese Sandwich on Whole Grain Bread Yogurt & Fruit Parfait
Contact	26	27	28	29	30	
Nora Perreira Chef Manager <i>Epicurean Feast at Atlantis Charter</i> (508) 646-6410	Memorial Day	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Breakfast Breaks	Ham & Cheese on Whole Grain Bread
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.	No School	Meatball Sub on a Whole Grain Roll Broccoli	Turkey Barbacoa Burrito Bowl Rice Corn	Boneless Chicken Wings Baked Beans Cole Slaw	Pizza Day!! Cheese Pizza, Carrot Sticks, Vegetable Juice Blend, Fresh Apple	Garden Salad
	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	
						