

# Community Day Charter School

<p><b><u>Breakfast Meal Pattern Requirements</u></b>  Milk: 8 oz.  Fruit or Veg: 1c/8oz.  Grain: 2oz.</p>
<p><b><u>Lunch Meal Pattern Requirements</u></b>  Milk: 8 oz.  Fruit: 1c/8oz  Veg: 1c/8oz.  Grain: 2oz.  Protein: 2oz.</p>
<p>Allergy meals will not contain whole eggs, dairy, and items listed below.</p>
<p>Food products do not contain Peanuts, Tree Nuts, Fish, and Shellfish.</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>October 2</b>	<b>October 3</b>	<b>October 4</b>	<b>October 5</b>	<b>October 6</b>
<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chicken Patty Sandwich on a WW bun, Carrots, Peaches, Milk	<b>Breakfast:</b> Banana Bread, Orange, Milk <b>Lunch:</b> Baked Ziti w/Chicken and Mozz Cheese, Broccoli, Pears, Milk	<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chicken Fingers, Crinkle Fries, Mix Veg, Mandarin Oranges, Milk	<b>Breakfast:</b> Muffin Tops, Oranges, Milk <b>Lunch:</b> Pastelón de Papas, WW Dinner Roll, Applesauce, Milk	<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Pizza, Green Beans, Pineapple (or substitute), Milk
<b>October 9</b>	<b>October 10</b>	<b>October 11</b>	<b>October 12</b>	<b>October 13</b>
<b>HOLIDAY</b>	<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> American Chop Suey, Broccoli, Pears, Milk	<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Sliced Ham & Cheese Sandwich on WW bread, Salad, Mandarin Oranges, Milk	<b>Breakfast:</b> Banana Bread, Oranges, Milk <b>Lunch:</b> Arroz con Verduras, Habichuela Guisada y Pollo, Applesauce, Milk	<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Pizza, Green Beans, Pineapple (or substitute), Milk
<b>October 16</b>	<b>October 17</b>	<b>October 18</b>	<b>October 19</b>	<b>October 20</b>
<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chicken Nuggets, Mixed Mediterranean Veg, WW Dinner Roll, Peaches, Milk	<b>Breakfast:</b> Breakfast Buns, Apple Slices, Milk <b>Lunch:</b> WW Spaghetti & Meatballs, Broccoli, Pears, Milk	<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Turkey & Cheese Sandwich on WW bun, Corn & BB Salad, Mandarins, Milk	<b>Breakfast:</b> Pancakes, Oranges, Milk <b>Lunch:</b> Fajitas, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce, Milk	<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Pizza, Green Beans, Pineapple (or substitute), Milk
<b>October 23</b>	<b>October 24</b>	<b>October 25</b>	<b>October 26</b>	<b>October 27</b>
<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chicken Patty Sandwich on a WW bun, Carrots, Peaches, Milk	<b>Breakfast:</b> Muffin Tops, Apple Slices, Milk <b>Lunch:</b> Baked Mac & Cheese, Broccoli, Pears, Milk	<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Cheeseburgers, WW Bun, Crinkle Fries, Mandarin Oranges, Milk	<b>Breakfast:</b> Breakfast Buns, Oranges, Milk <b>Lunch:</b> Burrito, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce, Milk	<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Pizza, Green Beans, Pineapple (or substitute), Milk
<b>October 30</b>	<b>October 31</b>	<h1>October 2023</h1>		
<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chicken Nuggets, Mixed Mediterranean Veg, WW Dinner Roll, Peaches, Milk	<b>Breakfast:</b> Banana Bread, Apple Slices, Milk <b>Lunch:</b> Baked Mac & Cheese, Broccoli, Carrots, Pears, Milk			

Available milk includes skim, whole and 1%

The USDA is an equal opportunity provider