

Community Day Charter School

<p>Breakfast Meal Pattern Requirements</p> <p>Milk: 8 oz. Fruit or Veg: 1c/8oz. Grain: 2oz.</p>
<p>Lunch Meal Pattern Requirements</p> <p>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	
<h1>NOVEMBER 2023</h1>				November 1		November 2		November 3	
				<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Sliced Ham & Cheese Sandwich on WW bread, Corn & BB Salad, Mandarin Oranges, Milk</p> <p style="text-align: center;">Half Day</p>		<p>Breakfast: Muffin Tops, Oranges, Milk Lunch: Pastelón de Papas, WW Dinner Roll, Applesauce, Milk</p>		<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Pizza, Green Beans, Pineapple (or substitute), Milk</p>	
November 6		November 7		November 8		November 9		November 10	
<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Patty Sandwich on a WW bun, Carrots, Peaches, Milk</p>		<p>Breakfast: Pancakes, Apple Slices, Milk Lunch: American Chop Suey, Broccoli, Pears, Milk</p>		<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Fingers, Crinkle Fries, Mix Veg, Mandarin Oranges, Milk</p>		<p>Breakfast: Banana Bread, Oranges, Milk Lunch: Burrito, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce, Milk</p>		<h1>Veterans Day</h1>	
November 13		November 14		November 15		November 16		November 17	
<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Nuggets, Mixed Mediterranean Veg, WW Dinner Roll, Peaches, Milk</p>		<p>Breakfast: Breakfast Buns, Apple Slices, Milk Lunch: WW Spaghetti & Meatballs, Broccoli, Pears, Milk</p>		<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Cheeseburgers, WW Bun, Crinkle Fries, Mandarin Oranges, Milk</p>		<p>Breakfast: Pancakes, Oranges, Milk Lunch: Fajitas, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce, Milk</p>		<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Pizza, Green Beans, Pineapple (or substitute), Milk</p>	
November 20		November 21		November 22		November 23		November 24	
<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Patty Sandwich on a WW bun, Carrots, Peaches, Milk</p>		<p>Breakfast: Muffin Tops, Apple Slices, Milk Lunch: Baked Ziti w/Chicken and Mozz Cheese, Broccoli, Pears, Milk</p>		<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Turkey & Cheese Sandwich on WW bun, Corn & BB Salad, Mandarins, Milk</p> <p style="text-align: center;">Half Day</p>		<h1>Thanksgiving Break</h1>			
November 27		November 28		November 29					
<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Nuggets, Mixed Mediterranean Veg, WW Dinner Roll, Peaches, Milk</p>		<p>Breakfast: Banana Bread, Apple Slices, Milk Lunch: Baked Mac & Cheese, Broccoli, Carrots, Pears, Milk Snack: Yogurt, 100% Juice</p>		<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Fingers, Crinkle Fries, Mix Veg, Mandarin Oranges, Milk</p>		<p>Breakfast: Muffin Tops, Oranges, Milk Lunch: Pastelón de Papas, WW Dinner Roll, Applesauce, Milk</p>			

Available milk includes skim, whole and 1%

The USDA is an equal opportunity provider