

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
DECEMBER 2023				<p>December 1</p> <p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Pizza, Green Beans, Pineapple (or substitute), Milk</p>
<p>December 4</p> <p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Patty Sandwich on a WW bun, Carrots, Peaches, Milk</p>	<p>December 5</p> <p>Breakfast: Pancakes, Apple Slices, Milk Lunch: American Chop Suey, Broccoli, Pears, Milk</p>	<p>December 6</p> <p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Turkey & Cheese Sandwich on WW bun, Corn & BB Salad, Mandarins, Milk Half Day</p>	<p>December 7</p> <p>Breakfast: Banana Bread, Oranges, Milk Lunch: Burrito, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce, Milk</p>	<p>December 8</p> <p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Pizza, Green Beans, Pineapple (or substitute), Milk</p>
<p>December 11</p> <p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Nuggets, Mixed Mediterranean Veg, WW Dinner Roll, Peaches, Milk</p>	<p>December 12</p> <p>Breakfast: Breakfast Buns, Apple Slices, Milk Lunch: WW Spaghetti & Meatballs, Broccoli, Pears, Milk</p>	<p>December 13</p> <p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Cheeseburgers, WW Bun, Crinkle Fries, Mandarin Oranges, Milk</p>	<p>December 14</p> <p>Breakfast: Pancakes, Oranges, Milk Lunch: Fajitas, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce, Milk</p>	<p>December 15</p> <p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Pizza, Green Beans, Pineapple (or substitute), Milk</p>
<p>December 18</p> <p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Patty Sandwich on a WW bun, Carrots, Peaches, Milk</p>	<p>December 19</p> <p>Breakfast: Muffin Tops, Apple Slices, Milk Lunch: Baked Ziti w/Chicken and Mozz Cheese, Broccoli, Pears, Milk</p>	<p>December 20</p> <p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Fingers, Mixed Mediterranean Veg, WW Dinner Roll, Mandarin Oranges, Milk</p>	<p>December 21</p> <p>Breakfast: Banana Bread, Oranges, Milk Lunch: Pastelón de Papas, WW Dinner Roll, Applesauce, Milk</p>	<p>December 22</p> <p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Ham & Cheese Sandwich on WW bun, Corn & BB Salad, Mandarins, Milk Half Day</p>
<p>December 25</p> <p>HOLIDAY</p>	<p>December 26</p>	<p>December 27</p>	<p>December 28</p>	<p>December 29</p>
VACATION WEEK				

Available milk includes skim, whole and 1%

The USDA is an equal opportunity provider