

# Community Day Charter School

<p><b>Breakfast Meal Pattern Requirements</b></p> <p>Milk: 8 oz. Fruit or Veg: 1c/8oz. Grain: 2oz.</p>
<p><b>Lunch Meal Pattern Requirements</b></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
<b>JANUARY 1</b>	<b>JANUARY 2</b>	<b>JANUARY 3</b>	<b>JANUARY 4</b>	<b>JANUARY 5</b>
<b>HOLIDAY</b>	<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Baked Mac &amp; Cheese, Broccoli, Carrots, Pears, Milk</p>	<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chicken Fingers, Mixed Mediterranean Veg, WW Dinner Roll, Mandarin, Milk</p>	<p><b>Breakfast:</b> Corn Muffins, Apple Slices, Milk <b>Lunch:</b> Arroz con Verduras, Habichuela Guisada y Pollo, Applesauce, Milk</p>	<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Pizza, Green Beans, Pineapple (or substitute), Milk</p>
<b>JANUARY 8</b>	<b>JANUARY 9</b>	<b>JANUARY 10</b>	<b>JANUARY 11</b>	<b>JANUARY 12</b>
<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chicken Patty Sandwich on a WW bun, Carrots, Peaches, Milk</p>	<p><b>Breakfast:</b> Pancakes, Apple Slices, Milk <b>Lunch:</b> American Chop Suey, Broccoli, Pears, Milk</p>	<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Turkey &amp; Cheese Sandwich on WW bun, Corn &amp; BB Salad, Mandarins, Milk</p>	<p><b>Breakfast:</b> Banana Bread, Oranges, Milk <b>Lunch:</b> Burrito, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce, Milk</p>	<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Pizza, Green Beans, Pineapple (or substitute), Milk</p>
<b>JANUARY 15</b>	<b>JANUARY 16</b>	<b>JANUARY 17</b>	<b>JANUARY 18</b>	<b>JANUARY 19</b>
<b>HOLIDAY</b>	<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> WW Spaghetti &amp; Meatballs, Broccoli, Pears, Milk</p>	<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Cheeseburgers, WW Bun, Crinkle Fries, Mandarin Oranges, Milk</p>	<p><b>Breakfast:</b> Pancakes, Oranges, Milk <b>Lunch:</b> Fajitas, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce, Milk</p>	<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Pizza, Green Beans, Pineapple (or substitute), Milk</p>
<b>JANUARY 22</b>	<b>JANUARY 23</b>	<b>JANUARY 24</b>	<b>JANUARY 25</b>	<b>JANUARY 26</b>
<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chicken Nuggets, Mixed Mediterranean Veg, WW Dinner Roll, Peaches, Milk</p>	<p><b>Breakfast:</b> Muffin Tops, Apple Slices, Milk <b>Lunch:</b> Baked Ziti w/Chicken and Mozz Cheese, Broccoli, Pears, Milk</p>	<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chicken Fingers, Mixed Mediterranean Veg, WW Dinner Roll, Mandarin Oranges, Milk</p>	<p><b>Breakfast:</b> Banana Bread, Oranges, Milk <b>Lunch:</b> Pastelón de Papas, WW Dinner Roll, Applesauce, Milk</p>	<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Pizza, Green Beans, Pineapple (or substitute), Milk</p>
<b>JANUARY 29</b>	<b>JANUARY 30</b>	<b>JANUARY 31</b>	<b>JANUARY 2023</b>	
<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chicken Patty Sandwich on a WW bun, Carrots, Peaches, Milk</p>	<p><b>Breakfast:</b> Pancakes, Apple Slices, Milk <b>Lunch:</b> Baked Mac &amp; Cheese, Broccoli, Carrots, Pears, Milk</p>	<p><b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Sliced Ham &amp; Cheese Sandwich on WW bread, Salad, Mandarin Oranges, Milk</p> <p style="text-align: center;"><b>Half Day</b></p>		

Available milk includes skim, whole and 1%

The USDA is an equal opportunity provider