

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
AUGUST 26	AUGUST 27	AUGUST 28	AUGUST 29	AUGUST 30
<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: WW Spaghetti & Meatballs, Broccoli, Pears, Milk</p>	<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Fingers, Mixed Mediterranean Veg, WW Dinner Roll, Mandarin Oranges, Milk</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>
SEPTEMBER 2	SEPTEMBER 3	SEPTEMBER 4	SEPTEMBER 5	SEPTEMBER 6
HOLIDAY	<p>Breakfast: Muffin Tops, 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>
SEPTEMBER 9	SEPTEMBER 10	SEPTEMBER 11	SEPTEMBER 12	SEPTEMBER 13
<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: BBQ Chicken Drumsticks, Mixed Mediterranean Veg, WW Dinner Roll, 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: Turkey & Cheese Sandwich on WW bun, Corn & BB Salad, Mandarins, Milk</p>	<p>Breakfast: Banana Bread, Oranges, Milk Lunch: Burrito, 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>
SEPTEMBER 16	SEPTEMBER 17	SEPTEMBER 18	SEPTEMBER 19	SEPTEMBER 20
<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: Sliced Ham & Cheese Sandwich on WW bread, Salad, Mandarin Oranges, Milk</p>	<p>Breakfast: Banana Bread, 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>
SEPTEMBER 23	SEPTEMBER 24	SEPTEMBER 25	SEPTEMBER 26	SEPTEMBER 27
<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: BBQ Chicken Drumsticks, Mixed Mediterranean Veg, WW Dinner Roll, Peaches, Milk</p>	<p>Breakfast: Pancakes, Apple Slices, Milk Lunch: Baked Mac & Cheese, Broccoli, Carrots, Pears, Milk</p>	<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Fingers, Mixed Mediterranean Veg, WW Dinner Roll, Mandarin Oranges, Milk</p>	<p>Breakfast: Corn Muffins, Apple Slices, Milk Lunch: Arroz con Verduras, Habichuela Guisada y Pollo, Applesauce, Milk</p>	<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Pizza, Green Beans, Pineapple (or substitute), Milk</p>

Available milk includes skim, whole and 1%

The USDA is an equal opportunity provider