

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
SEPTEMBER 30	OCTOBER 1	OCTOBER 2	OCTOBER 3	OCTOBER 4
<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: 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>
OCTOBER 7	OCTOBER 8	OCTOBER 9	OCTOBER 10	OCTOBER 11
<p>Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Nuggets, Mixed Mediterranean Veg, WW Dinner Roll, Peaches, Milk</p>	<p>Breakfast: Corn Muffins, Apple Slices, Milk Lunch: Baked Mac & Cheese, Broccoli, Carrots, 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>
OCTOBER 14	OCTOBER 15	OCTOBER 16	OCTOBER 17	OCTOBER 18
HOLIDAY	<p>Breakfast: Cereal, 100% Fruit Juice, 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>
OCTOBER 21	OCTOBER 22	OCTOBER 23	OCTOBER 24	OCTOBER 25
<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: 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>
OCTOBER 28	OCTOBER 29	OCTOBER 30	OCTOBER 31	
<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: Pastelón de Papas, WW Dinner Roll, Applesauce, Milk</p>	

Available milk includes skim, whole and 1%

The USDA is an equal opportunity provider