



# Community Day Charter School

(CF-123B-07)

**Breakfast Meal Pattern Requirements**

Milk: 8 oz.  
Fruit or Veg: 1c/8oz.  
Grain: 2oz.

**Lunch Meal Pattern Requirements**

Milk: 8 oz.  
Fruit: 1c/8oz  
Veg: 1c/8oz.  
Grain: 2oz.  
Protein: 2oz.

Allergy meals will not contain whole eggs, dairy, and items listed below.

Food products do not contain Peanuts, Tree Nuts, Fish, and Shellfish.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 1	December 2	December 3	December 4	December 5
<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk  <b>Lunch:</b> Chicken Finger Parmesan, Peas, WW Dinner Roll, Diced Peaches, Milk	<b>Breakfast:</b> Pancakes, Whole Apple, Milk  <b>Lunch:</b> Baked Ziti w/Chicken and Mozz Cheese, Broccoli, Diced Pears, Milk	<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk  <b>Lunch:</b> Turkey & Cheese Sandwich on WW Bun, Corn & BB Salad, Mandarin Oranges, Milk	<b>Breakfast:</b> Corn Muffins, Whole Orange, Milk <b>Lunch:</b> Rice with Vegetables, Stewed Beans and Chicken, Applesauce, Milk	<b>Breakfast:</b> Maple Waffles, 100% Fruit Juice, Milk  <b>Lunch:</b> Pizza, Green Beans, Diced Pineapple (or substitute), Milk
December 8	December 9	December 10	December 11	December 12
<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk  <b>Lunch:</b> BBQ Chicken Drummies, Mixed Mediterranean Veg, WW Dinner Roll, Diced Peaches, Milk	<b>Breakfast:</b> Pancakes, Whole Orange, Milk  <b>Lunch:</b> Baked Mac & Cheese, Carrots, Diced Pears, Milk	<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk  <b>Bag Lunch:</b> Sliced Ham & Cheese Sandwich on WW Bun, Celery Sticks, Whole Apple, Milk	<b>Breakfast:</b> Corn Muffins, Whole Orange, Milk  <b>Lunch:</b> Pastelón de Papas, WW Dinner Roll, Applesauce, Milk	<b>Breakfast:</b> Maple Waffles, 100% Fruit Juice, Milk  <b>Lunch:</b> Pizza, Corn, Diced Pineapple (or substitute), Milk
December 15	December 16	December 17	December 18	December 19
<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk  <b>Lunch:</b> Chicken Fingers, Mixed Mediterranean Veg, WW Dinner Roll, Mandarin Oranges, Milk	<b>Breakfast:</b> Banana Bread, Whole Orange, Milk  <b>Lunch:</b> Fajitas, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce, Milk	<b>Breakfast:</b> Blueberry Waffles, Whole Apple, Milk  <b>Lunch:</b> Chicken Patty Sandwich on a WW bun, Carrots, Diced Peaches, Milk	<b>Breakfast:</b> Muffin Tops, Whole Pear, Milk  <b>Lunch:</b> Rice with Vegetables, Stewed Beans and Chicken, Diced Pears, Milk	<b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk  <b>Bag Lunch:</b> Turkey & Cheese Sandwich on WW Bun, Celery Sticks, Whole Apple, Milk
December 22	December 23	December 24	December 25	December 26
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December 29	December 30	December 31		
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Available milk includes skim, whole and 1%

The USDA is an equal opportunity provider