

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
February 2	February 3	February 4	February 5	February 6
Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chimichurri Chicken, Peas, Rice, Diced Peaches, Milk	Breakfast: Pancakes, Whole Apple, Milk Lunch: American Chop Suey, Broccoli, Diced Pears, Milk	Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Sliced Ham & Cheese Sandwich on WW Bun, Salad, Apple Sauce, Milk	Breakfast: Corn Muffins, Whole Apple, Milk Lunch: Pastelón de Papas, WW Dinner Roll, Mandarin Oranges, Milk	Breakfast: Maple Waffles, 100% Fruit Juice, Milk Lunch: Pizza, Carrots, Diced Pineapple (or substitute), Milk
February 9	February 10	February 11	February 12	February 13
Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Nuggets, Mixed Mediterranean Veg, WW Dinner Roll, Diced Peaches, Milk	Breakfast: Muffin Tops, Whole Apple, Milk Lunch: Burrito, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Diced Pears, Milk	Breakfast: Blueberry Waffles, Whole Orange, Milk Lunch: Cheeseburgers, WW Bun, Crinkle Fries, Diced Peaches, Milk	Breakfast: Banana Bread, Whole Apple, Milk Lunch: Penne & Meatballs, Broccoli, Diced Pears, Milk	Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Pizza, Corn, Diced Pineapple (or substitute), Milk
February 16	February 17	February 18	February 19	February 20
February 23	February 24	February 25	February 26	February 27
Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: BBQ Chicken Drummies, Mixed Mediterranean Veg, WW Dinner Roll, Diced Peaches, Milk	Breakfast: Pancakes, Whole Orange, Milk Lunch: Baked Mac & Cheese, Carrots, Diced Pears, Milk	Breakfast: Cereal, 100% Fruit Juice, Milk Lunch: Chicken Nuggets, Mixed Mediterranean Veg, WW Dinner Roll, Diced Peaches, Milk	Breakfast: Corn Muffins, Whole Orange, Milk Lunch: Pastelón de Papas, WW Dinner Roll, Applesauce, Milk	Breakfast: Maple Waffles, 100% Fruit Juice, Milk Lunch: Pizza, Corn, Diced Pineapple (or substitute), Milk

Available milk includes skim, whole and 1%

The USDA is an equal opportunity provider