

# Community Day Charter School

(CF-123B-07)

<u>Breakfast Meal Pattern Requirements</u>
Milk: 8 oz.
Fruit or Veg: 1c/8oz.
Grain: 2oz.

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

Available milk includes skim, whole and 1%

The USDA is an equal opportunity provider