

# 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
<b>March 2</b> <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chicken Fingers, Mixed Mediterranean Veg, WW Dinner Roll, Mandarin Oranges, Milk	<b>March 3</b> <b>Breakfast:</b> Banana Bread, Whole Orange, Milk <b>Lunch:</b> Fajitas, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce, Milk	<b>March 4</b> <b>Breakfast:</b> Blueberry Waffles, Whole Apple, Milk <b>Lunch:</b> Chicken Patty Sandwich on a WW bun, Carrots, Diced Peaches, Milk	<b>March 5</b> <b>Breakfast:</b> Muffin Tops, Whole Pear, Milk <b>Lunch:</b> Rice with Vegetables, Stewed Beans and Chicken, Applesauce, Milk	<b>March 6</b> <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Pizza, Green Beans, Diced Pineapple (or substitute), Milk
<b>March 9</b> <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chimichurri Chicken, Peas, Rice, Diced Peaches, Milk	<b>March 10</b> <b>Breakfast:</b> Pancakes, Whole Apple, Milk <b>Lunch:</b> American Chop Suey, Broccoli, Diced Pears, Milk	<b>March 11</b> <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>March 12</b> <b>Breakfast:</b> Corn Muffins, Whole Apple, Milk <b>Lunch:</b> Pastelón de Papas, WW Dinner Roll, Mandarin Oranges, Milk	<b>March 13</b> <b>Breakfast:</b> Maple Waffles, 100% Fruit Juice, Milk <b>Lunch:</b> Pizza, Carrots, Diced Pineapple (or substitute), Milk
<b>March 16</b> <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chicken Nuggets, Mixed Mediterranean Veg, WW Dinner Roll, Diced Peaches, Milk	<b>March 17</b> <b>Breakfast:</b> Muffin Tops, Whole Apple, Milk <b>Lunch:</b> Burrito, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Diced Pears, Milk	<b>March 18</b> <b>Breakfast:</b> Blueberry Waffles, Whole Orange, Milk <b>Lunch:</b> Cheeseburgers, WW Bun, Crinkle Fries, Diced Peaches, Milk	<b>March 19</b> <b>Breakfast:</b> Banana Bread, Whole Apple, Milk <b>Lunch:</b> Penne & Meatballs, Broccoli, Diced Pears, Milk	<b>March 20</b> <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Pizza, Corn, Diced Pineapple (or substitute), Milk
<b>March 23</b> <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Chicken Finger Parmesan, Peas, WW Dinner Roll, Diced Peaches, Milk	<b>March 24</b> <b>Breakfast:</b> Pancakes, Whole Apple, Milk <b>Lunch:</b> Turkey & Cheese Sandwich on WW Bun, Corn & BB Salad, Mandarin Oranges, Milk	<b>March 25</b> <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk <b>Lunch:</b> Baked Ziti w/Chicken and Mozz Cheese, Broccoli, Diced Pears, Milk	<b>March 26</b> <b>Breakfast:</b> Corn Muffins, Whole Orange, Milk <b>Lunch:</b> Rice with Vegetables, Stewed Beans and Chicken, Diced Peaches, Milk	<b>March 27</b> <b>Breakfast:</b> Maple Waffles, 100% Fruit Juice, Milk <b>Lunch:</b> Pizza, Green Beans, Diced Pineapple (or substitute), Milk
<b>March 30</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>March 31</b> <b>Breakfast:</b> Pancakes, Whole Orange, Milk <b>Lunch:</b> Baked Mac & Cheese, Carrots, Diced Pears, Milk			

Available milk includes skim, whole and 1%

The USDA is an equal opportunity provider