

# Community Day Charter School - October 2025

(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                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| September 29                                                                                                                                           | September 30                                                                                                                                | October 1                                                                                                                                         | October 2                                                                                                                                            | October 3                                                                                                                 |
| <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk<br><br><b>Lunch:</b> Chicken Fingers, Mixed Mediterranean Veg, WW Dinner Roll, Mandarin Oranges, Milk | <b>Breakfast:</b> Pancakes, Apple Slices, Milk<br><br><b>Lunch:</b> Baked Mac & Cheese, Broccoli, Carrots, Pears, Milk                      | <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk<br><br><b>Lunch:</b> Pastelón de Papas, WW Dinner Roll, Applesauce, Milk                         | <b>Breakfast:</b> Corn Muffins, Mandarin Oranges, Milk<br><br><b>Lunch:</b> Chicken Nuggets, Mixed Mediterranean Veg, WW Dinner Roll, Peaches, Milk  | <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk<br><br><b>Lunch:</b> Pizza, Corn, Pineapple (or substitute), Milk        |
| October 6                                                                                                                                              | October 7                                                                                                                                   | October 8                                                                                                                                         | October 9                                                                                                                                            | October 10                                                                                                                |
| <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk<br><br><b>Lunch:</b> BBQ Chicken Drummies, Mixed Mediterranean Veg, WW Dinner Roll, Peaches, Milk     | <b>Breakfast:</b> Banana Bread, Oranges, Milk<br><br><b>Lunch:</b> Fajitas, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce, Milk | <b>Breakfast:</b> Blueberry Waffles, Apple Slices, Milk<br><br><b>Lunch:</b> Cheeseburgers, WW Bun, Crinkle Fries, Mandarin Oranges, Milk         | <b>Breakfast:</b> Muffin Tops, Apple Slices, Milk<br><br><b>Lunch:</b> Chicken Patty Sandwich on a WW bun, Carrots, Peaches, Milk                    | <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk<br><br><b>Lunch:</b> Pizza, Green Beans, Pineapple (or substitute), Milk |
| October 13                                                                                                                                             | October 14                                                                                                                                  | October 15                                                                                                                                        | October 16                                                                                                                                           | October 17                                                                                                                |
| <b>Holiday</b>                                                                                                                                         | <b>Breakfast:</b> Muffin Tops, Apple Slices, Milk<br><br><b>Lunch:</b> Baked Ziti w/Chicken and Mozz Cheese, Broccoli, Pears, Milk          | <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk<br><br><b>Lunch:</b> Sliced Ham & Cheese Sandwich on WW Bun, Salad, Mandarin Oranges, Milk       | <b>Breakfast:</b> Corn Muffins, Mandarin Oranges, Milk<br><br><b>Lunch:</b> Burrito, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce, Milk | <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk<br><br><b>Lunch:</b> Pizza, Carrots, Pineapple (or substitute), Milk     |
| October 20                                                                                                                                             | October 21                                                                                                                                  | October 22                                                                                                                                        | October 23                                                                                                                                           | October 24                                                                                                                |
| <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk<br><br><b>Lunch:</b> Rice with Vegetables, Stewed Beans and Chicken, Applesauce, Milk                 | <b>Breakfast:</b> Pancakes, Apple Slices, Milk<br><br><b>Lunch:</b> American Chop Suey, Broccoli, Pears, Milk                               | <b>Breakfast:</b> Blueberry Waffles, Apple Slices, Milk<br><br><b>Lunch:</b> Turkey & Cheese Sandwich on WW Bun, Corn & BB Salad, Mandarins, Milk | <b>Breakfast:</b> Banana Bread, Oranges, Milk<br><br><b>Lunch:</b> Pastelón de Papas, WW Dinner Roll, Applesauce, Milk                               | <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk<br><br><b>Lunch:</b> Pizza, Corn, Pineapple (or substitute), Milk        |
| October 27                                                                                                                                             | October 28                                                                                                                                  | October 29                                                                                                                                        | October 30                                                                                                                                           | October 31                                                                                                                |
| <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk<br><br><b>Lunch:</b> Chicken Fingers, Mixed Mediterranean Veg, WW Dinner Roll, Mandarin Oranges, Milk | <b>Breakfast:</b> Pancakes, Apple Slices, Milk<br><br><b>Lunch:</b> Baked Mac & Cheese, Broccoli, Carrots, Pears, Milk                      | <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk<br><br><b>Lunch:</b> Rice with Vegetables, Stewed Beans and Chicken, Applesauce, Milk            | <b>Breakfast:</b> Corn Muffins, Mandarin Oranges, Milk<br><br><b>Lunch:</b> Penne & Meatballs, Broccoli, Pears, Milk                                 | <b>Breakfast:</b> Cereal, 100% Fruit Juice, Milk<br><br><b>Lunch:</b> Pizza, Green Beans, Pineapple (or substitute), Milk |

Available milk includes skim, whole and 1%

The USDA is an equal opportunity provider