



Atlantis/CABCA Menus 9/4 - 2/1/19



C-A participates in the Community Eligibility Provision (CEP) as part of the National School Lunch Program. Under this program, breakfast and lunch will be provided to all enrolled C-A students at no cost.

Fat Free/ Low Fat Milk & Additional Fruit offered daily with meals.

Offered Daily
Chicken Patty or
Hamburger on Bun

Child Nutrition
Department
810.591.3220

Monday

Tuesday

Wednesday

Thursday

Friday

Week	Dates	Menu Type	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	9/3 9/24 10/15	Breakfast Menu	<i>French Toast Sticks Benefit Bar -CABCA</i>	<i>Western Omelet & Muffin Muffin & WG Cereal -CABCA</i>	<i>Yogurt Parfait</i>	<i>Cinnamon Rolls Banana Bread -CABCA</i>	<i>Egg, Cheese, Sausage on a Biscuit or WG Cereal & Grahams -CABCA</i>
	11/5 11/26 12/17 1/21	Lunch Menu	Koegel's Hot Dog on Bun x2 WG Chip Baked Beans Celery Sticks/ Ranch Mixed Fruit	Meatball Sub Oven Fries Baby Carrots Diced Peaches	Bosco Sticks Marinara Cup Steamed Broccoli Florets & Cheese Cauliflower Florets Diced Pears	Beef Nachos & Chips Refried Beans Sour Cream Lettuce & Diced Tomatoes Blueberries	No Lunch
Week Two	9/10 10/1 10/22	Breakfast Menu	<i>Fruit Frudel Granola Bar & String Cheese - CABCA</i>	<i>Breakfast Round</i>	<i>Yogurt Parfait</i>	<i>Bagel & Cream Cheese</i>	<i>Pancakes & Sausage Muffin & Yogurt - CABCA</i>
	11/12 12/3 1/7 1/28	Lunch Menu	Chicken Parmesan w/ Sauce Garlic Bread Steamed Baby Carrots Cucumber Circles Pineapple Tidbits	Corn Dogs on a Stick Sweet Potato Fries Celery Sticks/ Ranch Strawberry Cup	Chicken Fajita Onions & Peppers Refried Beans Melon Wedge	Meatloaf Topped w/ Ketchup WG Dinner Roll Mashed Potatoes w/ Gravy Red or Green Grapes	No Lunch
Week Three	9/17 10/8 10/29	Breakfast Menu	<i>French Toast Sticks Benefit Bar -CABCA</i>	<i>Western Omelet & Muffin Muffin & WG Cereal -CABCA</i>	<i>Yogurt Parfait</i>	<i>Cinnamon Rolls Banana Bread -CABCA</i>	<i>Egg, Cheese, Sausage on a Biscuit WG Cereal & Grahams -CABCA</i>
	11/19 12/10 1/14	Lunch Menu	Pork Cutlet Sandwich Twisted Oven Fries Baked Beans Diced Peaches	Chicken Nuggets Baked Hot Cheetos Steamed Mixed Vegetables Baby Carrots Mixed Fruit	Pepperoni Calzone Dark Green Leafy Salad Diced Tomatoes Strawberry Cup	Macaroni & Cheese WG Muffin Steamed Broccoli Florets Cucumber Circles Orange Wedges	No Lunch

Menu subject to change
Without notice.

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opportunity providers and
employers.