

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

APRIL LUNCH MENU FOR SY 2017-18

DAILY: FRESH VEGETABLES TRAYS OFFERED; CHOICE OF SKIM FLAVORED MILK OR 1% LOW FAT WHITE MILK; ALTERNATE MEAL SELECTION;
TASTIER TUESDAYS – NEW ITEMS OFFERED FOR TASTING EACH TUESDAY

<p>2</p> <p>GRILLED CHEESE ON W/G BREAD TOMATO SOUP*BROCCOLI FRESH FRUIT ASSORTMENT</p>	<p>3</p> <p>W/G SPAGHETTI TURKEY MEAT MARINARA SAUCE W/G BREAD SPINACH FRESH FRUIT ASSORTMENT PASTA WITH CHICPEAS</p>	<p>4</p> <p>CAESAR CHICKEN & ROMAINE SALAD WRAP W/ SHREDDED CHEESE BUTTERNUT SQUASH FRESH FRUIT ASSORTMENT</p>	<p>5</p> <p>ROASTED CHICKEN BROWN RICE BEANS W/G BREAD FRESH FRUIT ASSORTMENT</p>	<p>6</p> <p>NOON DISMISSAL</p>
<p>9</p> <p>CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT</p>	<p>10</p> <p>W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT YOGURT PARFAIT</p>	<p>11</p> <p>HOT CHICKEN CHEESE W/G WRAP BROWN RICE/BEANS FRESH FRUIT ASSORTMENT</p>	<p>12</p> <p>TURKEY SANDWICH On WG ROLL FRESH VEGETABLE ASSORTMENT FRESH FRUIT ASSORTMENT</p>	<p>13</p> <p>MEATBALL WG GRINDER MARINARA SAUCE GREEN BEANS FRESH FRUIT ASSORTMENT</p>
<p>16-20</p> <p>SPRING RECESS</p>				
<p>23</p> <p>TURKEY CHILI BOWL with BEANS WG NACHOS (OR Scoops) FRESH FRUIT ASSORTMENT</p>	<p>24</p> <p>WG POP CORN CHICKEN ORANGE SAUCE BROWN RICE SPINACH WG BREAD FRESH FRUIT ASSORTMENT QUINOA</p>	<p>25</p> <p>MAC & CHEESE CARROTS W/G BREAD FRESH FRUIT ASSORTMENT</p>	<p>26</p> <p>W/G BREADED FISH BROWN RICE*W/G BREAD CAULIFLOWER*BROCCOLI FRESH FRUIT ASSORTMENT</p>	<p>27</p> <p>W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE SQUASH FRESH FRUIT ASSORTMENT</p>

STUDENT SCHOOL LUNCH CONSISTS OF 5 COMPONENTS: MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK. STUDENTS CHOOSE AT LEAST 3 INCLUDING ½ CUP FRUIT OR VEGETABLE AND AT LEAST 2 OTHER COMPONENTS. FOR BEST NUTRITION WE ENCOURAGE CHOOSING ALL 5! EQUAL OPPORTUNITY PROVIDER. MENU IS SUBJECT TO CHANGE. W/G=WHOLE GRAIN FOOD ITEM; MILK CHOICES= 1% WHITE MILK OR FLAVORED SKIM (FAT FREE) MILK.