

# Brass City Charter School

## PROVIDING FRESH, HEALTHY MEALS DAILY

### NOVEMBER LUNCH MENU FOR SY 2017-18

**DAILY:** FRESH VEGETABLE/SALAD TRAY OFFERED; CHOICE OF SKIM FLAVORED MILK OR 1% LOW FAT WHITE MILK; **WEEKLY:** ALTERNATE MEAL SELECTION; **TASTIER TUESDAYS** – NEW ITEMS OFFERED FOR TASTING EACH TUESDAY

30 MAC & CHEESE CARROTS*BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT	31 HOT CHICKEN CHEESE W/G WRAP BROWN RICE/BEANS FRESH FRUIT ASSORTMENT	1 W/G BREADED FISH W/G BREAD ZUCHNI YELLOW SQUASH FRESH FRUIT ASSORTMENT TASTING ITEM	2 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT	3  NOON DISMISSAL
6 W/G SPAGHETTI W/ MEAT SAUCE TOMATO SAUCE*BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT	7 ROASTED CHICKEN BROWN RICE/BEANS * W/G BREAD FRESH FRUIT ASSORTMENT	8 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT TASTING ITEM	9 TURKEY CHILI BOWL SHREDDED CHEESE & NACHOS (OR Scoops) BEANS*SWEET POTATO CUBES FRESH FRUIT ASSORTMENT	10 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE SQUASH*CAULIFLOWER FRESH FRUIT ASSORTMENT
13 GRILLED CHEESE ON W/G BREAD TOMATO SOUP*BROCCOLI FRESH FRUIT ASSORTMENT	14 ASIAN ORANGE CHICKEN OVER BROWN RICE EDAMAME FRESH FRUIT ASSORTMENT TASTING ITEM	15 CAESAR CHICKEN & ROMAINE SALAD WRAP W/ SHREDDED CHEESE CARROTS*BUTTERNUT SQUASH FRESH FRUIT ASSORTMENT	16 W/G PANCAKES WARM CINNAMON APPLESAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT	17  NOON DISMISSAL
20 MEATBALL GRINDER W/ MARINARA SAUCE GREEN BEANS FRESH FRUIT ASSORTMENT	21 HOT TURKEY AND GRAVY BROWN RICE/BEANS CORN/MASHED POTATO FRESH FRUIT ASSORTMENT	22  EARLY DISMISSAL	23  THANKSGIVING RECESS	24  THANKSGIVING RECESS
27 GRILLED CHICKEN BREAST ON WG ROLL ROMAINE AND TOMATO SLICE ROASTED SWEET POTATO CUBES FRESH FRUIT ASSORTMENT	28 W/G SPAGHETTI W/ MEAT SAUCE TOMATO SAUCE*BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT TASTING ITEM	29 CHICKEN TENDERS IN A WRAP W/ BROWN RICE & BEANS FRESH FRUIT ASSORTMENT TASTING ITEM	30 FISH TACO ON WG SOFT TORTILLA SHREDDED SLAW * REFRIED BEAN DIP WITH SCOOPS FRESH FRUIT ASSORTMENT	1  NOON DISMISSAL

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.