

# Brass City Charter School

## PROVIDING FRESH, HEALTHY MEALS DAILY

### MARCH CYCLE LUNCH MENU FOR SY 2018-19

DAILY: HOT VEGETABLE, FRESH VEGETABLE BAR AND FRESH FRUIT ASSORTMENT; CHOICE OF SKIM, FLAVORED MILK OR 1% LOW FAT WHITE MILK; DAILY ALTERNATE MEAL SELECTION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 HOT CHICKEN WG WRAP BROWN RICE & BEANS	5 CHEESEBURGER ON WG ROLL POTATO WEDGES KETCHUP	6 WG PASTA TURKEY MEAT SAUCE MARINARA SAUCE WG BREAD	7 WG POP CORN CHICKEN BROWN RICE BROCCOLI	8 NOON DISMISSAL TURKEY SANDWICH ON WG ROLL CARROTS, FRESH FRUIT MILK
11 WG CHICKEN PATTY ON ON WG ROLL POTATO WEDGES KETCHUP	12 MAC N CHEESE BROCCOLI WG BREAD	13 W/G FRENCH TOAST SWEET POTATO CHICKEN SAUSAGE CORN	14 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE CAULIFLOWER	15 NOON DISMISSAL GRILLED CHEESE SANDWICH ON WG ROLL FRESH FRUIT, RAISINS, MILK
18 TURKEY CHILI BOWL with BEANS WG NACHOS	19 CHEESEBURGER ON WG ROLL POTATO WEDGES KETCHUP	20 CAESAR CHICKEN & ROMAINE SALAD WG WRAP PASTA SALAD	21 NOON DISMISSAL TURKEY SANDWICH ON WG ROLL CARROTS, FRESH FRUIT, MILK	22 NOON DISMISSAL WG CHICKEN PATTY ON ON WG ROLL FRESH FRUIT 100% JUICE
25 HOT TURKEY AND GRAVY MASHED POTATOES GREEN BEANS WG BREAD	26 BEEF MEATBALL ON WG GRINDER MARINARA SAUCE CAULIFLOWER	27 HOT CHICKEN CHEESE WG WRAP BROWN RICE & BEANS	28 WG PASTA TURKEY MEAT SAUCE MARINARA SAUCE WG BREAD	29 NOON DISMISSAL GRILLED CHEESE SANDWICH ON WG ROLL FRESH FRUIT, MILK

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.