

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

NOVEMBER CYCLE LUNCH MENU FOR SY 2021-2022

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

1 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT MILK	2 CHICKEN CAESAR WG WRAP NON FAT DRESSINGS FRUIT CUPS MILK	3 CHEESEBURGER W/G ROLL POTATO WEDGES KETCHUP FRUIT CUPS MILK	4 W/G PASTA MEAT BALLS MARINARA SAUCE W/G BREAD FRUIT CUPS MILK	5 TURKEY CHEESE WG ROLL HUMMUS FRESH FRUIT ASSORTMENT MILK
8 WG POP CORN CHICKEN BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT MILK	9 CHEESEBURGER W/G ROLL POTATO WEDGES KETCHUP FRUIT CUPS MILK	10 TURKEY CHILLI & BEANS WG CHIPS FRESH FRUIT ASSORTMENT MILK	11 VETERANS DAY	12 WG STUFFED CHEESE BITES MARINARA FRESH FRUIT ASSORTMENT MILK
15 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT MILK	16 W/G PASTA MEAT BALLS MARINARA SAUCE W/G BREAD FRUIT CUPS MILK	17 TURKEY CHILLI & BEANS WG CHIPS FRESH FRUIT ASSORTMENT MILK	18 CHEESEBURGER W/G ROLL POTATO WEDGES KETCHUP FRUIT CUPS MILK	19 TURKEY CHEESE WG ROLL ROMAINE NON FAT DRESSINGS FRESH FRUIT ASSORTMENT MILK
22 CHEESEBURGER W/G ROLL POTATO WEDGES KETCHUP FRUIT CUPS MILK	23 TURKEY GRAVY MASHED POTATO CORN FRESH FRUIT MILK	24 WG STUFFED CHEESE BITES MARINARA BROCCOLI FRESH FRUIT ASSORTMENT MILK	25 THANKSGIVING RECESS	26 THANKSGIVING RECESS
29 WG POP CORN CHICKEN BAKED BEANS W/G BREAD FRESH FRUIT ASSORTMENT MILK	30 CHICKEN CAESAR WG WRAP NON FAT DRESSINGS FRUIT CUPS MILK			

STUDENT SCHOOL LUNCH CONSISTS OF 5 MEAL COMPONENTS: MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK. STUDENTS CHOOSE A MINIMUM OF 3: INCLUDING ½ CUP FRUIT OR ¾ CUP VEGETABLE AND IN ADDITION AT LEAST 2 MORE DIFFERENT COMPONENTS. FOR BEST NUTRITION WE ENCOURAGE CHOOSING ALL 5! SPECIAL DIET ACCOMODATIONS. BRASS CITY CHARTER SCHOOL IS AN EQUAL OPPORTUNITY PROVIDER. MENU IS SUBJECT TO CHANGE. W/G=WHOLE GRAIN FOOD ITEM; MILK CHOICES= 1% WHITE MILK OR FLAVORED FAT FREE MILK.