

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

DECEMBER 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

4 MAC & CHEESE CARROTS*BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT	5 CAESAR CHICKEN & ROMAINE SALAD WRAP W/ SHREDDED CHEESE CARROTS*BUTTERNUT SQUASH FRESH FRUIT ASSORTMENT	5 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT	6 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT TASTING ITEM	8 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE SQUASH* FRESH FRUIT ASSORTMENT
11 W/G SPAGHETTI W/ MEAT SAUCE TOMATO SAUCE*BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT	12 ROASTED CHICKEN BROWN RICE/BEANS * W/G BREAD FRESH FRUIT ASSORTMENT	13 TURKEY CHILI BOWL SHREDDED CHEESE & NACHOS BEANS*SWEET POTATO CUBES FRESH FRUIT ASSORTMENT	14 NOON DISMISSAL	15 NOON DISMISSAL
18 GRILLED CHEESE ON W/G BREAD TOMATO SOUP*BROCCOLI FRESH FRUIT ASSORTMENT	19 ASIAN ORANGE CHICKEN OVER BROWN RICE CARROTS FRESH FRUIT ASSORTMENT TASTING ITEM	20 W/G BREADED FISH W/G BREAD ZUCHNI YELLOW SQUASH FRESH FRUIT ASSORTMENT TASTING ITEM	21 MEATBALL GRINDER W/ MARINARA SAUCE GREEN BEANS FRESH FRUIT ASSORTMENT	22 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.