

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

DECEMBER 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

3 MAC N CHEESE CARROTS WG BREAD	4 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP	5 ASIAN ORANGE CHICKEN OVER BROWN RICE BROCCOLI WG BREAD	6 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE	7 NOON DISMISSAL COLD LUNCH SERVED BUFFALO CHICKEN SANDWICH ON WG ROLL
10 TURKEY CHILI BOWL with BEANS WG NACHOS	11 HOT CHICKEN CHEESE W/G WRAP BROWN RICE & BEANS	12 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP	13 NOON DISMISSAL COLD LUNCH SERVED GRILLED CHEESE SANDWICH ON WG ROLL	14 NOON DISMISSAL COLD LUNCH SERVED TURKEY SANDWICH ON WG ROLL
17 WG PASTA TURKEY MEAT SAUCE MARINARA SAUCE WG BREAD	18 ROASTED CHICKEN BROWN RICE & BEANS W/G BREAD	19 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP	20 BEEF MEATBALL GRINDER W/ MARINARA SAUCE GREEN BEANS	21 NOON DISMISSAL COLD LUNCH SERVED CHICKEN BUFFALO SANDWICH ON WG ROLL

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.