

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

FEBRUARY 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 WG PASTA TURKEY MEAT SAUCE MARINARA SAUCE WG BREAD	5 WG POP CORN CHICKEN BROWN RICE BEANS	6 CHEESEBURGER ON WG ROLL POTATO WEDGES KETCHUP	7 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE BROCCOLI	8 NOON DISMISSAL TURKEY SANDWICH ON WG ROLL CARROTS, FRESH FRUIT, MILK
11 WG CHICKEN PATTY ON WG ROLL POTATO WEDGES KETCHUP	12 MAC N CHEESE BROCCOLI WG BREAD	13 W/G FRENCH TOAST SWEET POTATO EGG PATTY	14 HOT CHICKEN WG WRAP BROWN RICE & BEANS	15 NO SCHOOL
18 PRESIDENTS DAY	19 TURKEY CHILI BOWL with BEANS WG NACHOS	20 CAESAR CHICKEN & ROMAINE SALAD WG WRAP PASTA SALAD	21 WG CHEESE BREAD STICKS TOMATO DIPPING SAUCE	22 NOON DISMISSAL LOW FAT YOGURT GRANOLA FRUIT, JUICE, MILK
25 HOT TURKEY AND GRAVY MASHED POTATOES 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	1 NOON DISMISSAL GRILLED CHEESE SANDWICH ON WG ROLL FRUIT, CARROTS, 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.