

# Brass City Charter School

## PROVIDING FRESH, HEALTHY MEALS DAILY

### JANUARY CYCLE LUNCH MENU FOR SY 2019-2020

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

		<b>1</b> <b>NEW</b> <b>YEARS</b>	<b>2</b> <b>CHEESEBURGER</b> <b>ON W/G ROLL</b> <b>POTATO WEDGES KETCHUP</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>3</b> <b>HAM SANDWICH</b> <b>ON WG ROLL</b> <b>APPLESAUCE</b> <b>DRIED FRUIT</b> <b>BABY CARROTS</b> <b>MILK</b>
<b>6</b>  <b>THREE</b> <b>KINGS</b> <b>DAY</b>	<b>7</b> <b>TURKEY CHILI BEANS</b> <b>BOWL</b> <b>WG NACHOS CARROTS</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>8</b> <b>CHICKEN IN LIGHT BROTH</b> <b>BROWN RICE BEANS</b> <b>W/G BREAD</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>9</b> <b>W/G FRENCH TOAST</b> <b>TURKEY SAUSAGE PATTY</b> <b>CORN</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>10</b> <b>TURKEY SANDWICH</b> <b>ON WG ROLL</b> <b>FRESH FRUIT ASSORTMENT</b> <b>MILK</b>
<b>13</b> <b>MEATBALL ON W/G GRINDER</b> <b>ROLL</b> <b>MARINARA SAUCE</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>14</b> <b>ASIAN ORANGE CHICKEN OVER</b> <b>BROWN RICE BROCCOLI</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>15</b> <b>CHEESEBURGER</b> <b>ON W/G ROLL</b> <b>POTATO WEDGES KETCHUP</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>16</b> <b>W/G CHEESE BREAD STICKS</b> <b>TOMATO DIPPING SAUCE</b> <b>CAULIFLOWER</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>17</b> <b>HAM SANDWICH</b> <b>ON W/G BREAD</b> <b>FRESH FRUIT ASSORTMENT</b> <b>CELLERY</b> <b>MILK</b>
<b>20</b>  <b>MARTIN</b> <b>LUTHER</b> <b>KING JR</b>	<b>21</b> <b>W/G SPAGHETTI</b> <b>TURKEY MEAT SAUCE</b> <b>TOMATO SAUCE</b> <b>W/G BREAD</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>22</b> <b>W/G FRENCH TOAST</b> <b>TURKEY SAUSAGE PATTY</b> <b>CORN</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>23</b> <b>W/G CHEESE BREAD STICKS</b> <b>TOMATO DIPPING SAUCE</b> <b>CAULIFLOWER</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>24</b> <b>TURKEY SANDWICH CHEESE</b> <b>SANDWICH</b> <b>ON W/G BREAD</b> <b>FRESH FRUIT ASSORTMENT</b> <b>CUCUMBER</b> <b>DRESSINGS</b> <b>MILK</b>
<b>27</b> <b>CHEESEBURGER</b> <b>ON W/G ROLL</b> <b>POTATO WEDGES KETCHUP</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>28</b> <b>TURKEY CHILI BEANS</b> <b>BOWL</b> <b>WG NACHOS CARROTS</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>29</b> <b>ASIAN ORANGE CHICKEN</b> <b>BROWN RICE</b> <b>BROCCOLI</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>30</b> <b>MEATBALL ON W/G GRINDER</b> <b>ROLL</b> <b>MARINARA SAUCE</b> <b>FRESH FRUIT ASSORTMENT</b> <b>FRESH VEGETABLE BAR</b> <b>DRESSINGS</b> <b>MILK</b>	<b>31</b> <b>TURKEY SAND</b>

STUDENT SCHOOL LUNCH CONSISTS OF 5 COMPONENTS: MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK. STUDENTS CHOOSE A MINIMUM OF 3: INCLUDING ½ CUP FRUIT OR VEGETABLE AND IN ADDITION AT LEAST 2 MORE DIFFERENT 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.