

# Brass City Charter School

## PROVIDING FRESH, HEALTHY MEALS DAILY

### CYCLE LUNCH JANUARY MENU FOR SY 2023-2024

<b>JANUARY 2024</b> <div> <b>**DAILY OFFERINGS**</b>  <b>**HOT VEGETABLE**FRESH VEGETABLE CHOICE**</b>  <b>**FRUIT ASSORTMENT**CHOICE OF FAT FREE FLAVORED MILK OR 1% LOW FAT WHITE MILK**</b>  <b>**DAILY ALTERNATE MEAL SELECTION **</b>  <b>**YOGURT GRANOLA FRUIT ENTRÉE**HUMMUS WG CRACKERS VEGETABLE ENTRÉE**</b>  <b>**CHEESE SANDWICH ON WG ROLL**SOY BUTTER SANDWICH ON WG ROLL** TURKEY CHEESE ON WG ROLL**VEGGIE PATTY ON WG ROLL**</b> </div>				
1	2 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK	3 BAKED WG ZITI HERB CHICKEN BROCCOLI FRESH FRUIT & VEGETABLE CHOICE MILK	4 TURKEY CHILI BEANS WG CHIPS & CHEESE FRESH FRUIT & VEGETABLE CHOICE MILK	5 BBQ GRILLED CHICKEN ON WG ROLL SWEET POTATO FRESH FRUIT & VEGETABLE BAR MILK
8 WG BROWN RICE BEANS CHICKEN CHEESE TACO ON WG WRAP FRESH FRUIT & VEGETABLE BAR MILK	9 WG PIZZA BITES TOMATO DIPPING SAUCE FRESH FRUIT & VEGETABLE CHOICE MILK	10 MAC & CHEESE WG POPCORN CHICKEN GREEN BEANS FRESH FRUIT & VEGETABLE BAR MILK	11 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE CHOICE MILK	12 CHICKEN CAESAR SALAD WG CROUTONS FRESH FRUIT & VEGETABLE CHOICE MILK
15 MARTIN LUTHER KING JR DAY	16 TURKEY CHEESE ON WG ROLL FRESH FRUIT & VEGETABLE CHOICE MILK	17 WG PIZZA BITES TOMATO DIPPING SAUCE FRESH FRUIT & VEGETABLE CHOICE MILK	18 BAKED WG ZITI MEATBALLS FRESH FRUIT & VEGETABLE CHOICE MILK	19 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK
22 TURKEY CHILI BEANS WG CHIPS & CHEESE FRESH FRUIT & VEGETABLE CHOICE MILK	23 CHICKEN CAESAR SALAD WG CROUTONS FRESH FRUIT & VEGETABLE CHOICE MILK	24 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE CHOICE MILK	25 WG BROWN RICE BEANS TURKEY CHEESE TACO ON WG WRAP FRESH FRUIT & VEGETABLE BAR MILK	26 BBQ GRILLED CHICKEN ON WG ROLL SWEET POTATO FRESH FRUIT & VEGETABLE BAR MILK
29 MAC & CHEESE WG POPCORN CHICKEN FRESH FRUIT & VEGETABLE BAR MILK	30 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK	31 BAKED WG ZITI MEATBALLS FRESH FRUIT & VEGETABLE CHOICE MILK		

STUDENT SCHOOL LUNCH CONSISTS OF 5 MEAL COMPONENTS: MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK. STUDENTS CHOOSE A MINIMUM OF 3: INCLUDING 1/2 CUP FRUIT OR 3/4 CUP VEGETABLE AND IN ADDITION AT LEAST 2 MORE DIFFERENT COMPONENTS. FOR BEST NUTRITION WE ENCOURAGE CHOOSING ALL 5! SPECIAL DIET ACCOMMODATIONS. 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.