

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

JANUARY 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 COLD LUNCH SERVED |
|---|--|---|---|--|
| 31 | 1 | 2 CHICKEN STRIPS STEW BROWN RICE & BEANS WG BREAD | 3 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE BROCCOLI | 4 NOON DISMISSAL TURKEY SANDWICH ON WG ROLL CARROTS, FRESH FRUIT, MILK |
| 7 CAESAR CHICKEN & ROMAINE SALAD WRAP | 8 WG PASTA TURKEY MEAT SAUCE MARINARA SAUCE WG BREAD | 9 CHEESEBURGER ON WG ROLL POTATO WEDGES KETCHUP | 10 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY EGG PATTY | 11 NOON DISMISSAL CHICKEN BUFFALO SANDWICH ON WG ROLL FRESH FRUIT, RAISINS, MILK |
| 14 MAC N CHEESE BROCCOLI WG BREAD | 15 ASIAN ORANGE CHICKEN OVER BROWN RICE CARROTS | 16 TURKEY CHILI BOWL with BEANS WG NACHOS | 17 WG CHEESE BREAD STICKS TOMATO DIPPING SAUCE | 18 NOON DISMISSAL LOW FAT YOGURT GRANOLA FRUIT, JUICE, MILK |
| 21 MARTIN LUTHER KING JR HOLIDAY OBSERVED | 22 BEEF MEATBALL ON WG GRINDER MARINARA SAUCE GREEN BEANS | 23 HOT TURKEY AND GRAVY MASHED POTATOES WG BREAD | 24 WG CHICKEN PATTY ON ON WG ROLL BROCCOLI | 25 NOON DISMISSAL GRILLED CHEESE SANDWICH ON WG ROLL FRUIT, CARROTS, MILK |
| 28 CHEESEBURGER ON WG ROLL ROMAINE | 29 WG FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP | 30 WG PASTA TURKEY MEAT SAUCE MARINARA SAUCE WG BREAD | 31 HOT CHICKEN CHEESE WG WRAP BROWN RICE & BEANS | 1 NOON DISMISSAL TURKEY SANDWICH ON WG ROLL FRESH FRUIT, RAISINS, 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.