

# Brass City Charter School

## PROVIDING FRESH, HEALTHY MEALS DAILY

# JANUARY CYCLE LUNCH MENU FOR SY 2022-2023

DAILY: HOT VEGETABLE AND FRESH FRUIT ASSORTMENT; CHOICE OF SKIM, FAT FREE FLAVORED MILK OR 1% LOW FAT WHITE MILK; DAILY ALTERNATE MEAL SELECTION

<b>2</b>	<b>3</b> MEAT LESS MONDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR MILK	<b>4</b> CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE BAR MILK	<b>5</b> WG PIZZA FRESH FRUIT & VEGETABLE BAR GREEN BEANS MILK	<b>6</b> <b>THREE KINGS DAY HOLIDAY</b>
<b>9</b> MEAT LESS MONDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR MILK	<b>10</b> W/G SPAGHETTI MEAT BALLS TOMATO SAUCE FRESH FRUIT & VEGETABLE BAR MILK	<b>11</b> BROWN RICE BEANS CHICKEN CHEESE ON WG WRAP FRESH FRUIT & VEGETABLE BAR MILK	<b>12</b> TURKEY CHEESE ON WG ROLL POTATO WEDGES FRESH FRUIT ASSORTMENT MILK	<b>13</b> WG PIZZA FRESH FRUIT & VEGETABLE BAR GREEN BEANS MILK
<b>16</b> <b>MARTIN LUTHER KING JR HOLIDAY</b>	<b>17</b> MEAT LESS MONDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR MILK	<b>18</b> BROWN RICE BEANS CHICKEN CHEESE ON WG WRAP FRESH FRUIT & VEGETABLE BAR MILK	<b>19</b> CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE BAR MILK	<b>20</b> WG PIZZA FRESH FRUIT & VEGETABLE BAR GREEN BEANS MILK
<b>23</b> MEAT LESS MONDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR MILK	<b>24</b> TURKEY CHEESE ON WG ROLL POTATO WEDGES FRESH FRUIT ASSORTMENT MILK	<b>25</b> W/G SPAGHETTI MEAT BALLS TOMATO SAUCE FRESH FRUIT & VEGETABLE BAR MILK	<b>26</b> BROWN RICE BEANS CHICKEN CHEESE ON WG WRAP FRESH FRUIT & VEGETABLE BAR MILK	<b>27</b> WG PIZZA FRESH FRUIT & VEGETABLE BAR GREEN BEANS MILK
<b>30</b> MEAT LESS MONDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR MILK	<b>31</b> CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE BAR MILK			

STUDENT SCHOOL LUNCH CONSISTS OF 5 MEAL COMPONENTS: MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK. STUDENTS CHOOSE A MINIMUM OF 3: INCLUDING ½ CUP FRUIT OR ¾ CUP VEGETABLE AND IN ADDITION AT LEAST 2 MORE DIFFERENT COMPONENTS. FOR BEST NUTRITION WE ENCOURAGE CHOOSING ALL 5! SPECIAL DIET ACCOMODATIONS. 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.