

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

MARCH LUNCH MENU FOR SY 2017-18

DAILY: FRESH VEGETABLES TRAYS OFFERED; CHOICE OF SKIM FLAVORED MILK OR 1% LOW FAT WHITE MILK; ALTERNATE MEAL SELECTION;

TASTIER TUESDAYS – NEW ITEMS OFFERED FOR TASTING EACH TUESDAY

<p>5 MAC & CHEESE BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT</p>	<p>6 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT</p>	<p>7 CAESAR CHICKEN & ROMAINE SALAD WRAP W/ SHREDDED CHEESE BUTTERNUT SQUASH FRESH FRUIT ASSORTMENT</p>	<p>8 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE SQUASH FRESH FRUIT ASSORTMENT</p>	<p>9 NOON DISMISSAL</p>
<p>12 ROASTED CHICKEN BROWN RICE BEANS W/G BREAD FRESH FRUIT ASSORTMENT</p>	<p>13 W/G SPAGHETTI TURKEY MEAT SAUCE MARINARA SAUCE* W/G BREAD SPINACH FRESH FRUIT ASSORTMENT</p>	<p>14 TURKEY SANDWICH On WG ROLL FRESH VEGETABLE ASSORTMENT FRESH FRUIT ASSORTMENT</p>	<p>15 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES FRESH FRUIT ASSORTMENT</p>	<p>16 MEATBALL WG GRINDER MARINARA SAUCE GREEN BEANS FRESH FRUIT ASSORTMENT</p>
<p>19 TURKEY CHILI BOWL with BEANS WG NACHOS (OR Scoops) FRESH FRUIT ASSORTMENT</p>	<p>20 WG POP CORN CHICKEN ORANGE SAUCE BROWN RICE GREEN BEANS WG BREAD FRESH FRUIT ASSORTMENT</p>	<p>21 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT</p>	<p>22 NOON DISMISSAL</p>	<p>23 NOON DISMISSAL</p>
<p>26 CALZONE WITH CHEESE AND MARINARA SAUCE ZUCCHINI FRESH FRUIT ASSORTMENT</p>	<p>27 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT</p>	<p>28 W/G SPAGHETTI MEAT SAUCE MARINARA SAUCE*SPINACH W/G BREAD FRESH FRUIT ASSORTMENT</p>	<p>29 W/G BREADED FISH BROWN RICE*W/G BREAD CAULIFLOWER*BROCCOLI FRESH FRUIT ASSORTMENT</p>	<p>30 GOOD FRIDAY</p>

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.