

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

MARCH CYCLE LUNCH MENU FOR SY 2022-2023

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| **DAILY: HOT VEGETABLE AND FRESH FRUIT ASSORTMENT** **CHOICE OF SKIM, FAT FREE FLAVORED MILK OR 1% LOW FAT WHITE MILK** **DAILY ALTERNATE MEAL SELECTION** | | 1 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE BAR MILK | 2 BBQ GRILLED CHICKEN ON WG ROLL SWEET POTATO FRESH FRUIT & VEGETABLE BAR MILK | 3 WG PIZZA FRESH FRUIT & VEGETABLE BAR CRAISINS MILK NOON DISMISSAL |
| 6 MEAT LESS MONDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR MILK | 7 W/G PASTA MEAT BALLS TOMATO SAUCE FRESH FRUIT & VEGETABLE BAR MILK | 8 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE BAR MILK | 9 BROWN RICE BEANS CHICKEN CHEESE ON WG WRAP FRESH FRUIT & VEGETABLE BAR MILK | 10 WG CHEESE BREAD STICKS TOMATO DIPPING SAUCE FRESH FRUIT & VEGETABLE BAR GREEN BEANS MILK |
| 13 MEAT LESS MONDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR MILK | 14 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE BAR MILK | 15 TURKEY CHILI BEANS WG CHIPS FRESH FRUIT & VEGETABLE ASSORTMENT MILK | 16 POP CORN CHICKEN POTATO WEDGES KETCHUP WG ROLL FRESH FRUIT & VEGETABLE BAR MILK | 17 WG PIZZA BITES TOMATO DIPPING SAUCE FRESH FRUIT & VEGETABLE BAR GREEN BEANS MILK |
| 20 MEAT LESS MONDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR MILK | 21 BROWN RICE BEANS CHICKEN CHEESE ON WG WRAP FRESH FRUIT & VEGETABLE BAR MILK | 22 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE BAR MILK | 23 POP CORN CHICKEN POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE BAR MILK NOON DISMISSAL | 24 WG PIZZA FRESH FRUIT & VEGETABLE BAR GREEN BEANS MILK NOON DISMISSAL |
| 27 MEAT LESS MONDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR MILK | 28 WG CHICKEN PATTY ON WG ROLL FRESH FRUIT & VEGETABLE ASSORTMENT MILK | 29 W/G PASTA MEAT BALLS TOMATO SAUCE FRESH FRUIT & VEGETABLE BAR MILK | 30 TURKEY CHILI BEANS WG CHIPS FRESH FRUIT & VEGETABLE ASSORTMENT MILK | 31 WG CHEESE BREAD STICKS TOMATO DIPPING SAUCE FRESH FRUIT & VEGETABLE BAR GREEN BEANS 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 3/4CUP 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.