

# Brass City Charter School

## PROVIDING FRESH, HEALTHY MEALS DAILY

### MAY 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

30 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT	1 W/G FRENCH TOAST WARM BLUEBERRY SAUCE PEAS TURKEY SAUSAGE PATTY FRESH FRUIT ASSORTMENT	2 ROASTED CHICKEN BROWN RICE BEANS W/G BREAD FRESH FRUIT ASSORTMENT	3 W/G SPAGHETTI TURKEY MEAT SAUCE MARINARA SAUCE W/G BREAD FRESH FRUIT ASSORTMENT	4  NOON DISMISSAL
7 MAC & CHEESE BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT	8 W/G BREADED FISH BROWN RICE W/G BREAD CAULIFLOWER FRESH FRUIT ASSORTMENT	9 TURKEY SANDWICH On WG ROLL FRESH VEGETABLE ASSORTMENT FRESH FRUIT ASSORTMENT	10 HOT CHICKEN CHEESE W/G WRAP BROWN RICE BEANS FRESH FRUIT ASSORTMENT	11 MEATBALL WG GRINDER MARINARA SAUCE GREEN BEANS FRESH FRUIT ASSORTMENT
14 WG POP CORN CHICKEN ORANGE SAUCE BROWN RICE GREEN BEANS WG BREAD FRESH FRUIT ASSORTMENT	15 W/G SPAGHETTI MEAT SAUCE MARINARA SAUCE*SPINACH W/G BREAD FRESH FRUIT ASSORTMENT	16 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT	17 HOT TURKEY AND GRAVY BROWN RICE BEANS FRESH FRUIT ASSORTMENT	18  NOON DISMISSAL
21 CALZONE WITH CHEESE AND MARINARA SAUCE ZUCCHINI FRESH FRUIT ASSORTMENT	22 W/G BREADED FISH BROWN RICE W/G BREAD CAULIFLOWER FRESH FRUIT ASSORTMENT	23 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT	24 ROASTED CHICKEN BROWN RICE BEANS W/G BREAD FRESH FRUIT ASSORTMENT	25 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE SQUASH CAULIFLOWER FRESH FRUIT ASSORTMENT
28  MEMORIAL DAY	29 MAC & CHEESE BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT	30 TURKEY CHILI BOWL with BEAMS WG NACHOS (OR Scoops) FRESH VEGETABLE ASSORTMENT FRESH FRUIT ASSORTMENT	31 GRILLED CHEESE ON W/G BREAD TOMATO SOUP FRESH FRUIT ASSORTMENT	1  NOON DISMISSAL

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