

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

CYCLE LUNCH MENU FOR SY 2023-2024

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| MAY 2024 | | | | |
| **DAILY OFFERINGS** **HOT VEGETABLE**FRESH VEGETABLE CHOICE** **FRUIT ASSORTMENT**CHOICE OF FAT FREE FLAVORED MILK OR 1% LOW FAT WHITE MILK** **DAILY ALTERNATE MEAL SELECTION ** **YOGURT GRANOLA FRUIT ENTRÉE**HUMMUS WG CRACKERS VEGETABLE ENTRÉE** **CHEESE SANDWICH ON WG ROLL**SOY BUTTER SANDWICH ON WG ROLL** TURKEY CHEESE ON WG ROLL**VEGGIE PATTY ON WG ROLL** | | | | |
| 1 | 2 | 1 WG PIZZA BROCCOLI FRESH FRUIT & VEGETABLE CHOICE MILK | 2 BBQ PULLED TURKEY ON WG ROLL SWEET POTATO FRIES FRESH FRUIT & VEGETABLE BAR MILK | 3 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK |
| 6 BAKED WG ZITI HERB CHICKEN FRESH FRUIT & VEGETABLE CHOICE MILK | 7 TURKEY CHEESE ON WG ROLL FRESH FRUIT & VEGETABLE CHOICE MILK | 8 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE CHOICE MILK | 9 WG BROWN RICE BEANS TURKEY CHEESE TACO FRESH FRUIT & VEGETABLE BAR MILK | 10 WG PIZZA BITES TOMATO DIPPING SAUCE FRESH FRUIT & VEGETABLE CHOICE MILK |
| 13 MAC & CHEESE WG POPCORN CHICKEN GREEN BEANS FRESH FRUIT & VEGETABLE BAR MILK | 14 CHICKEN CAESAR SALAD WG CROUTONS FRESH FRUIT & VEGETABLE CHOICE MILK | 15 TURKEY CHILI BEANS WG CHIPS & CHEESE FRESH FRUIT & VEGETABLE CHOICE MILK | 16 MEATBALL MARINARA ON WG ROLL BROCCOLI FRESH FRUIT & VEGETABLE CHOICE MILK | 17 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK |
| 20 WG PIZZA BROCCOLI FRESH FRUIT & VEGETABLE CHOICE MILK | 21 TURKEY CHEESE ON WG ROLL FRESH FRUIT & VEGETABLE CHOICE MILK | 22 WG BROWN RICE BEANS TURKEY CHEESE WG TACO FRESH FRUIT & VEGETABLE BAR MILK | 23 WG PASTA TURKEY MEAT SAUCE MARINARA FRESH FRUIT & VEGETABLE CHOICE MILK | 24 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK |
| 27 MEMORIAL DAY | 28 CHICKEN CAESAR SALAD WG CROUTONS FRESH FRUIT & VEGETABLE CHOICE MILK | 29 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE CHOICE MILK | 30 BBQ MASHED POTATO GREEN BEANS WG ROLL FRESH FRUIT & VEGETABLE BAR MILK | 31 WG PIZZA BITES TOMATO DIPPING SAUCE FRESH FRUIT & VEGETABLE CHOICE 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 3/4 CUP VEGETABLE AND IN ADDITION AT LEAST 2 MORE DIFFERENT COMPONENTS. FOR BEST NUTRITION WE ENCOURAGE CHOOSING ALL 5! SPECIAL DIET ACCOMMODATIONS. 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.