

# Brass City Charter School

## PROVIDING FRESH, HEALTHY MEALS DAILY

### MARCH CYCLE LUNCH MENU FOR SY 2019-2020

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

<p><b>2</b> MEATBALL ON W/G GRINDER ROLL MARINARA SAUCE FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>3</b> PULLED BBQ PORK ON WG ROLL CORN FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>4</b> HOT CHICKEN BROWN RICE &amp; BEANS W/G BREAD FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT DRESSINGS MILK</p>	<p><b>5</b> CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>6</b> TURKEY CHEESE ON WG ROLL BROCCOLI FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>
<p><b>9</b> CAESAR CHICKEN ROMAINE ON WG WRAP W/ SHREDDED CHEESE FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>10</b> TURKEY CHILI BOWL WG NACHOS BEANS FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>11</b> W/G PANCAKES TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>12</b> ASIAN ORANGE CHICKEN OVER BROWN RICE BROCCOLI FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>13</b> WG CHICKEN PATTY ON WG ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>
<p><b>16</b> W/G SPAGHETTI TURKEY MEAT SAUCE TOMATO SAUCE W/G BREAD FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>17</b> TURKEY WG TACOS FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>18</b> HOT CHICKEN BROWN RICE &amp; BEANS W/G BREAD FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>19</b> W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE GREEN BEANS FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>20</b> HAM CHEESE SANDWICH ON WG ROLL FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>
<p><b>23</b> CHICKEN CAESAR SALAD ON WG WRAP W/ SHREDDED CHEESE RICE/BEANS FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>24</b> W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>25</b> CHICKEN IN LIGHT BROTH BROWN RICE BEANS W/G BREAD FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>26</b> CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>27</b> TURKEY CHEESE ON WG ROLL BROCCOLI FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>
<p><b>30</b> MEATBALL ON W/G GRINDER ROLL MARINARA SAUCE FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p><b>31</b> ASIAN ORANGE CHICKEN OVER BROWN RICE BROCCOLI FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>			

STUDENT SCHOOL LUNCH CONSISTS OF 5 COMPONENTS: MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK. STUDENTS CHOOSE A MINIMUM OF 3: INCLUDING ½ CUP FRUIT OR VEGETABLE AND IN ADDITION AT LEAST 2 MORE DIFFERENT 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.