

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

5 MAC & CHEESE BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT	6 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT	7 ROASTED CHICKEN BROWN RICE *BEANS W/G BREAD FRESH FRUIT ASSORTMENT	8 MEATBALL WG GRINDER MARINARA SAUCE GREEN BEANS FRESH FRUIT ASSORTMENT	9 NOON DISMISSAL
12 CAESAR CHICKEN & ROMAINE SALAD WRAP W/ SHREDDED CHEESE CARROTS*BUTTERNUT SQUASH FRESH FRUIT ASSORTMENT	13 TURKEY SANDWICH On W/G ROLL POTATO WEDGES FRESH FRUIT ASSORTMENT	14 WG POP CORN CHICKEN ORANGE SAUCE BROWN RICE WG BREAD FRESH FRUIT ASSORTMENT	15 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT	16 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE SQUASH FRESH FRUIT ASSORTMENT
19 TURKEY CHILI BOWL with BEANS WG NACHOS (OR Scoops) FRESH FRUIT ASSORTMENT	20 W/G SPAGHETTI MEAT SAUCE MARINARA SAUCE*SPINACH W/G BREAD FRESH FRUIT ASSORTMENT	21 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT	22 NOON DISMISSAL	23 NOON DISMISSAL
26 CALZONE WITH CHEESE AND MARINARA SAUCE ZUCCHINI SAUTE FRESH FRUIT ASSORTMENT	27 CHICKEN TENDERS IN A WRAP W/ BROWN RICE & BEANS FRESH FRUIT ASSORTMENT	28 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT	29 W/G BREADED FISH BROWN RICE*W/G BREAD CAULIFLOWER*THREE BEAN SALAD FRESH FRUIT ASSORTMENT	30 GOOD FRIDAY- NO SCHOOL

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.