

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

MAY CYCLE LUNCH MENU FOR SY 2018-19

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 HOT CHICKEN BROWN RICE & BEANS WG BREAD	7 TURKEY CHILI BOWL with BEANS WG NACHOS	8 W/G FRENCH TOAST POTATO FRIES Egg Patty	9 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE CAULIFLOWER	10 NOON DISMISSAL WG CHICKEN PATTY ON WG ROLL CARROTS, FRESH FRUIT MILK
13 MAC N CHEESE BROCCOLI WG BREAD	14 CAESAR CHICKEN & ROMAINE SALAD WG WRAP	15 CHEESEBURGER ON WG ROLL POTATO WEDGES KETCHUP	16 WG POP CORN CHICKEN BROWN RICE BEANS	17 NOON DISMISSAL ON TURKEY SANDWICH ON WG ROLL FRESH FRUIT 100% JUICE
20 WG PASTA TURKEY MEAT SAUCE MARINARA SAUCE WG BREAD	21 WG CHICKEN PATTY ON ON WG ROLL POTATO WEDGES KETCHUP	22 EGG PATTY AND CHEESE ON ON WG ROLL CORN	23 BEEF MEATBALL ON WG GRINDER MARINARA SAUCE CAULIFLOWER	24 NOON DISMISSAL GRILLED CHEESE SANDWICH ON WG ROLL FRESH FRUIT, CRAISINS, MILK
27 MEMORIAL DAY OBSERVED	28 HOT TURKEY AND GRAVY MASHED POTATOES CORN WG BREAD	29 CHEESEBURGER ON WG ROLL POTATO WEDGES KETCHUP	30 WG PASTA TURKEY MEAT SAUCE MARINARA SAUCE WG BREAD	31 NOON DISMISSAL GRILLED CHEESE SANDWICH ON WG ROLL FRESH FRUIT, MILK

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.