

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

NOVEMBER 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

29	30	31	1 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE	2 NOON DISMISSAL COLD LUNCH SERVED BUFFALO CHICKEN SANDWICH ON WG ROLL
5 TURKEY CHILI BOWL with BEANS WG NACHOS (OR Scoops)	6 MAC N CHEESE BROCCOLI WG BREAD	7 HOT CHICKEN CHEESE W/G WRAP BROWN RICE & BEANS	8 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP	9 NOON DISMISSAL COLD LUNCH SERVED TURKEY SANDWICH ON WG ROLL
12 VETERANS DAY	13 ASIAN ORANGE CHICKEN OVER BROWN RICE BROCCOLI WG BREAD	14 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP	15 BEEF MEATBALL GRINDER W/ MARINARA SAUCE GREEN BEANS	16 NOON DISMISSAL COLD LUNCH SERVED GRILLED CHEESE SANDWICH ON WG ROLL
19 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP	20 HOT TURKEY AND GRAVY SWEET POTATO GREEN BEANS WG BREAD	21 EARLY DISMISSAL	22 THANKSGIVING RECESS	23 THANKSGIVING RECESS
26 ROASTED CHICKEN BROWN RICE & BEANS W/G BREAD	27 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP	28 CAESAR CHICKEN & ROMAINE SALAD WRAP	29 WG PASTA TURKEY MEAT SAUCE MARINARA SAUCE WG BREAD	30 NOON DISMISSAL COLD LUNCH SERVED CHICKEN BUFFALO SANDWICH ON WG ROLL

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.