

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

NOVEMBER CYCLE LUNCH MENU FOR SY 2019-10

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>4 POP CORN CHICKEN BROWN RICE & BEANS FRESH VEGETABLE BAR FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p>5 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p>6 CHICKEN CAESAR SALAD ON WG WRAP W/ SHREDDED CHEESE FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p>7 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE CAULIFLOWER FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p>8 TURKEY SANDWICH ON WG ROLL APPLESAUCE CELLERY DRESSINGS MILK</p>
<p>11 VETERANS DAY</p>	<p>12 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p>13 W/G SPAGHETTI TURKEY MEAT SAUCE TOMATO SAUCE W/G BREAD FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p>14 HOT CHICKEN CHEESE W/G WRAP BROWN RICE & BEANS FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p>15 TURKEY SANDWICH CHEESE SANDWICH ON W/G BREAD FRESH FRUIT ASSORTMENT CUCUMBER DRESSINGS MILK</p>
<p>18 MEATBALL ON W/G GRINDER ROLL MARINARA SAUCE FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p>19 WG CHICKEN PATTY ON WG ROLL FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p>20 ASIAN ORANGE CHICKEN BROWN RICE BROCCOLI FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p>21 TURKEY CHILI BOWL WG NACHOS BEANS FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p>22 TURKEY SANDWICH CHEESE SANDWICH ON W/G BREAD FRESH FRUIT ASSORTMENT CUCUMBER DRESSINGS MILK</p>
<p>25 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p>26 HOT TURKEY AND GRAVY MASHED POTATO CORN WG STUFFING FRESH FRUIT ASSORTMENT FRESH VEGETABLE BAR DRESSINGS MILK</p>	<p>27 12:30 DISMISSAL</p>	<p>28 THANKSGIVING RECESS</p>	<p>29 THANKSGIVING RECESS</p>

STUDENT SCHOOL LUNCH CONSISTS OF 5 MEAL COMPONENTS: MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK. STUDENTS CHOOSE A MINIMUM OF 3: INCLUDING ½ CUP FRUIT OR ¾ CUP VEGETABLE AND IN ADDITION AT LEAST 2 MORE DIFFERENT COMPONENTS. FOR BEST NUTRITION WE ENCOURAGE CHOOSING ALL 5! SPECIAL DIET ACCOMODATIONS. 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.