

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

NOVEMBER CYCLE LUNCH MENU FOR SY 2023-2024

DAILY OFFERINGS **HOT VEGETABLE** FRESH VEGETABLE CHOICE** **FRUIT ASSORTMENT** CHOICE OF FAT FREE FLAVORED MILK OR 1% LOW FAT WHITE MILK** **DAILY ALTERNATE MEAL SELECTION ** **YOGURT GRANOLA FRUIT ENTRÉE** HUMMUS WG CRACKERS VEGETABLE ENTRÉE** **CHEESE SANDWICH ON WG ROLL** SOY BUTTER SANDWICH ON WG ROLL** TURKEY CHEESE ON WG ROLL** VEGGIE PATTY ON WG ROLL**				
		1	2	3
		W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE CHOICE MILK	MAC & CHEESE WG POPCORN CHICKEN GREEN BEANS FRESH FRUIT & VEGETABLE BAR MILK	WG PIZZA BITES TOMATO DIPPING SAUCE FRESH FRUIT & VEGETABLE CHOICE MILK
6	7	8	9	10
WG BROWN RICE BEANS TURKEY CHEESE ON WG WRAP FRESH FRUIT & VEGETABLE BAR MILK	WG PIZZA BROCCOLI FRESH FRUIT & VEGETABLE CHOICE MILK	CHICKEN CAESAR SALAD WG CROUTONS FRESH FRUIT & VEGETABLE CHOICE MILK	BAKED WG ZITI MEATBALLS FRESH FRUIT & VEGETABLE CHOICE MILK	VETERANS DAY
13	14	15	16	17
CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK	TURKEY CHEESE ON WG ROLL FRESH FRUIT & VEGETABLE CHOICE MILK	BBQ GRILLED CHICKEN ON WG ROLL BROCCOLI FRESH FRUIT & VEGETABLE BAR MILK	MAC & CHEESE WG POPCORN CHICKEN FRESH FRUIT & VEGETABLE BAR MILK	TURKEY CHILI WG CHIPS BEANS FRESH FRUIT & VEGETABLE CHOICE MILK
20	21	22	23	24
TURKEY WG STUFFING & GRAVY CRANBERRY SAUCE MASHED POTATO GREEN BEANS WG ROLL FRESH FRUIT MILK	WG PIZZA BITES TOMATO DIPPING SAUCE FRESH FRUIT & VEGETABLE BAR MILK	THANKSGIVING RECESS	THANKSGIVING RECESS	THANKSGIVING RECESS
27	28	29	30	1
BROWN RICE BEANS CHICKEN CHEESE ON WG WRAP FRESH FRUIT & VEGETABLE BAR MILK	CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK	BAKED WG ZITI MEATBALLS FRESH FRUIT & VEGETABLE CHOICE MILK	CHICKEN CAESAR SALAD WG CROUTONS FRESH FRUIT & VEGETABLE CHOICE MILK	WG PIZZA BITES TOMATO DIPPING SAUCE FRESH FRUIT & VEGETABLE BAR MILK

STUDENT SCHOOL LUNCH CONSISTS OF 5 MEAL COMPONENTS: MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK. STUDENTS CHOOSE A MINIMUM OF 3: INCLUDING 1/2 CUP FRUIT OR 3/4 CUP VEGETABLE AND IN ADDITION AT LEAST 2 MORE DIFFERENT COMPONENTS. FOR BEST NUTRITION WE ENCOURAGE CHOOSING ALL 5! SPECIAL DIET ACCOMMODATIONS. BRASS CITY CHARTER SCHOOL IS AN EQUAL OPPORTUNITY PROVIDER. MENU IS SUBJECT TO CHANGE. W/G=WHOLE GRAIN FOOD ITEM; MILK CHOICES= 1% WHITE MILK OR FLAVORED FAT FREE MILK.