

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

NOVEMBER CYCLE LUNCH MENU FOR SY 2020-2021

DAILY: HOT VEGETABLE AND FRESH FRUIT ASSORTMENT; CHOICE OF SKIM, FLAVORED MILK OR 1% LOW FAT WHITE MILK; DAILY ALTERNATE MEAL SELECTION

2 HUMMUS WG CRACKERS CARROTS CELERY TOMATOES FRESH FRUIT ASSORTMENT MILK	3 WG BROWN RICE CHICKEN ROMAINE NON FAT DRESSINGS FRESH FRUIT ASSORTMENT MILK	4 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT MILK	5 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT MILK	6 TURKEY CHEESE ON WG ROLL CARROTS FRESH FRUIT ASSORTMENT MILK
9 CHIKEN ROMAINE WG WRAP NON FAT DRESSINGS FRESH FRUIT ASSORTMENT	10 TURKEY CHILI BOWL WG CHIPS BEANS FRESH FRUIT ASSORTMENT MILK	11 VETERANS DAY	12 HAM AND CHEESE SANDWICH ON WG ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT MILK	13 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE FRESH FRUIT ASSORTMENT MILK
16 HUMMUS WG CRACKERS CARROTS CELERY TOMATOES FRESH FRUIT ASSORTMENT MILK	17 PULLED BBQ PORK ON WG ROLL CORN FRESH FRUIT ASSORTMENT MILK	18 W/G FRENCH TOAST TURKEY SAUSAGE PATTY TATER TOTS FRESH FRUIT ASSORTMENT MILK	19 CHICKEN ROMAINE WG WRAP NON FAT DRESSINGS FRESH FRUIT ASSORTMENT MILK	20 CHEESEBURGER ON W/G ROLL CARROTS FRESH FRUIT ASSORTMENT MILK
23 CHIKEN ROMAINE WG WRAP NON FAT DRESSINGS FRESH FRUIT ASSORTMENT MILK	24 W/G SPAGHETTI MEAT BALLS TOMATO SAUCE W/G BREAD FRESH FRUIT ASSORTMENT MILK	25 TURKEY WITH GRAVY MASHED POTATO CORN WG ROLL FRESH FRUIT ASSORTMENT MILK	26 THANKSGIVING RECESS	27 THANKSGIVING RECESS
30 HUMMUS WG CRACKERS CARROTS CELERY TOMATOES FRESH FRUIT ASSORTMENT MILK	1 TURKEY CHILI BOWL WG CHIPS BEANS FRESH FRUIT ASSORTMENT MILK	2 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT MILK	3 PULLED BBQ PORK ON WG ROLL CORN FRESH FRUIT ASSORTMENT MILK	4 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE FRESH FRUIT ASSORTMENT 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 ACCOMODATIONS. 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 SKIM FAT FREE MILK.