

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

OCTOBER 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

			1 TURKEY CHEESE ON WG ROLL CARROTS FRESH FRUIT ASSORTMENT MILK	2 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE FRESH FRUIT ASSORTMENT MILK
5 HUMMUS WG CRACKERS CARROTS CELERY TOMATOES FRESH FRUIT ASSORTMENT MILK	6 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT MILK	7 WG ASIAN ORANGE POP CORN CHICKEN RICE BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT MILK	8 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT MILK	9 HAM AND CHEESE SANDWICH ON W/G ROLL CARROTS FRESH FRUIT ASSORTMENT MILK
12 INDIGENOUS PEOPLE DAY	13 W/G SPAGHETTI TURKEY MEAT SAUCE TOMATO SAUCE W/G BREAD FRESH FRUIT ASSORTMENT MILK	14 BBQ PULLED PORK ON W/G ROLL CORN FRESH FRUIT ASSORTMENT MILK	15 POP CORN CHICKEN BROWN RICE BEANS FRESH FRUIT ASSORTMENT MILK	16 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE FRESH FRUIT ASSORTMENT MILK
19 HUMMUS WG CRACKERS CARROTS CELERY TOMATOES FRESH FRUIT ASSORTMENT MILK	20 TURKEY CHILI BOWL WG NACHOS BEANS FRESH FRUIT ASSORTMENT MILK	21 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT MILK	22 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT MILK	23 TURKEY CHEESE ON WG ROLL CARROTS FRESH FRUIT ASSORTMENT MILK
26 WG ASIAN ORANGE POP CORN CHICKEN RICE BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT MILK	27 W/G SPAGHETTI TURKEY MEAT SAUCE TOMATO SAUCE W/G BREAD FRESH FRUIT ASSORTMENT MILK	28 BBQ PULLED PORK ON W/G ROLL CORN FRESH FRUIT ASSORTMENT MILK	29 TURKEY CHILI BOWL WG NACHOS BEANS FRESH FRUIT ASSORTMENT MILK	30 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE FRESH FRUIT ASSORTMENT MILK

STUDENT SCHOOL LUNCH CONSISTS OF 5MEAL COMPONENTS: MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK. STUDENTS CHOOSE A MINIMUM OF 3: INCLUDING ½ CUP FRUIT OR 3/4CUP 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.