

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

OCTOBER CYCLE LUNCH MENU FOR SY 2017-18

DAILY: FRESH VEGETABLE TRAY OFFERED; CHOICE OF SKIM FLAVORED MILK OR 1% LOW FAT WHITE MILK; **WEEKLY:** ALTERNATE MEAL SELECTION; **TASTIER TUESDAYS** – NEW ITEMS OFFERED FOR TASTING EACH TUESDAY

2 MAC & CHEESE CARROTS*BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT	3 ROASTED CHICKEN BROWN RICE * W/G BREAD CARROTS* PEAS FRESH FRUIT ASSORTMENT TASTING ITEM	4 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT	5 W/G BREADED FISH BROWN RICE/BEANS W/G BREAD FRESH FRUIT ASSORTMENT	6 NOON DISMISSAL
9 COLUMBUS DAY HOLIDAY	10 HOT CHICKEN CHEESE W/G WRAP BROWN RICE/BEANS FRESH FRUIT ASSORTMENT	11 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT TASTING ITEM	12 CHICKEN TIKKA MASALA CAULIFLOWER*CORN BROWN RICE FRESH FRUIT ASSORTMENT	13 TURKEY CHILI BOWL SHREDDED CHEESE & NACHOS (OR Scoops) BEANS*SWEET POTATO CUBES FRESH FRUIT ASSORTMENT
16 GRILLED CHEESE ON W/G BREAD TOMATO SOUP*BROCCOLI FRESH FRUIT ASSORTMENT	17 ASIAN ORANGE CHICKEN OVER BROWN RICE EDAMAME FRESH FRUIT ASSORTMENT TASTING ITEM	18 CAESAR CHICKEN & ROMAINE SALAD WRAP W/ SHREDDED CHEESE CARROTS*BUTTERNUT SQUASH FRESH FRUIT ASSORTMENT	19 W/G PANCAKES WARM CINNAMON APPLESAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT	20 NOON DISMISSAL
23 PASTA WITH CHICKPEAS AND GRILLED CHICKEN GREEN BEANS*BROCCOLI FRESH FRUIT ASSORTMENT	24 CHICKEN TENDERS IN A WRAP W/ BROWN RICE & BEANS FRESH FRUIT ASSORTMENT TASTING ITEM	25 EGG-SPLORE YOUR LUNCH TODAY EGG AND CHEESE QUESADILLA FRESH SALSA*REFRIED BEANS LIGHT SOUR CREAM FRESH FRUIT ASSORTMENT	26 W/G BREADED FISH BROWN RICE*W/G BREAD CAULIFLOWER*THREE BEAN SALAD FRESH FRUIT ASSORTMENT	27 MEATBALL GRINDER W/ MARINARA SAUCE GREEN BEANS FRESH FRUIT ASSORTMENT
30 GRILLED CHICKEN BREAST ON WG ROLL ROMAINE AND TOMATO SLICE ROASTED SWEET POTATO CUBES FRESH FRUIT ASSORTMENT	31 W/G SPAGHETTI W/ MEAT SAUCE TOMATO SAUCE*BROCCOLI W/G BREAD FRESH FRUIT ASSORTMENT TASTING ITEM	1 HOT TURKEY AND GRAVY BROWN RICE/BEANS GREEN BEANS FRESH FRUIT ASSORTMENT	2 FISH TACO ON WG SOFT TORTILLA SHREDDED SLAW * REFRIED BEAN DIP WITH SCOOPS FRESH FRUIT ASSORTMENT	3 NOON DISMISSAL

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.