

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

OCTOBER CYCLE LUNCH MENU FOR SY 2018-19

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

<p>1 WG PASTA CHICKEN TOMATO SAUCE W/G BREAD</p>	<p>2 CHEESEBURGER ON W/G ROLL CORN ON THE COB KETCHUP</p>	<p>3 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP</p>	<p>4 MEATBALL GRINDER W/ MARINARA SAUCE GREEN BEANS</p>	<p>5 NOON DISMISSAL</p>
<p>8 COLUMBUS DAY</p>	<p>9 W/G BREADED FISH BROWN RICE*W/G BREAD CAULIFLOWER</p>	<p>10 TURKEY CHILI BOWL with BEANS WG NACHOS (OR Scoops)</p>	<p>11 CAESAR CHICKEN & ROMAINE SALAD WRAP</p>	<p>12 NOON DISMISSAL</p>
<p>15 ASIAN ORANGE CHICKEN OVER BROWN RICE BROCCOLI</p>	<p>16 HOT TURKEY AND GRAVY SWEET POTATO GREEN BEANS WG BREAD</p>	<p>17 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP</p>	<p>18 W/G CHEESE BREAD STICKS TOMATO DIPPING SAUCE</p>	<p>19 NOON DISMISSAL</p>
<p>22 W/G FRENCH TOAST WARM BLUEBERRY SAUCE TURKEY SAUSAGE PATTY POTATO WEDGES KETCHUP</p>	<p>23 MAC N CHEESE BROCCOLI WG BREAD</p>	<p>24 HOT CHICKEN CHEESE W/G WRAP BROWN RICE & BEANS</p>	<p>25 MEATBALL W/G GRINDER MARINARA SAUCE GREEN BEANS</p>	<p>26 NOON DISMISSAL</p>
<p>29 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP</p>	<p>30 ROASTED CHICKEN BROWN RICE & BEANS W/G BREAD</p>	<p>31 WG PASTA TURKEY MEAT SAUSE TOMATO SAUCE W/G BREAD</p>		

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.