

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

OCTOBER CYCLE LUNCH MENU FOR SY 2021-2022

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

4 W/G PASTA MEAT BALLS MARINARA SAUCE W/G BREAD FRUIT CUPS MILK	5 CHEESEBURGER W/G ROLL POTATO WEDGES KETCHUP FRUIT CUPS MILK	6 WG POPCORN CHICKEN BAKED BEANS W/G BREAD FRESH FRUIT ASSORTMENT MILK	7 CHICKEN CAESAR WG WRAP NON FAT DRESSINGS FRUIT CUPS MILK	8 TURKEY CHEESE WG ROLL CUCUMBERS FRESH FRUIT ASSORTMENT MILK
11 COLUMBUS DAY HOLIDAY	12 BBQ CHICKEN MASHED POTATO BROCCOLI FRUIT CUPS MILK	13 TURKEY CHILLI & BEANS WG CHIPS FRESH FRUIT ASSORTMENT MILK	14 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT MILK	15 WG STUFFED CHEESE BITES MARINARA FRESH FRUIT ASSORTMENT MILK
18 W/G PASTA MEAT BALLS MARINARA SAUCE W/G BREAD FRUIT CUPS MILK	19 WG POPCORN CHICKEN BAKED BEANS W/G BREAD FRESH FRUIT ASSORTMENT MILK	20 CHEESEBURGER W/G ROLL POTATO WEDGES KETCHUP FRUIT CUPS MILK	21 CHICKEN CAESAR WG WRAP NON FAT DRESSINGS FRUIT CUPS MILK	22 TURKEY CHEESE WG ROLL CUCUMBERS FRESH FRUIT ASSORTMENT MILK
25 VEGGIE BURGER WG ROLL BROCCOLI FRESH FRUIT ASSORTMENT MILK	26 TURKEY CHILLI & BEANS WG CHIPS FRESH FRUIT ASSORTMENT MILK	27 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT MILK	28 BBQ CHICKEN ON WG ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT MILK	29 WG STUFFED CHEESE BITES MARINARA 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 ½ CUP FRUIT OR ¾ 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.