

# Brass City Charter School

## PROVIDING FRESH, HEALTHY MEALS DAILY

### OCTOBER CYCLE LUNCH MENU FOR SY 2022-2023

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

<b>3</b> MEAT LESS MONDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR MILK	<b>4</b> W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE BAR MILK	<b>5</b> CHICKEN CHEESE WG SOFT TACOS BEANS FRESH FRUIT & VEGETABLE BAR MILK	<b>6</b> BBQ GRILLED CHICKEN ON WG ROLL BROCCOLI FRESH FRUIT & VEGETABLE BAR MILK	<b>7</b> WG STUFFED CHEESE BITES MARINARA FRESH FRUIT & VEGETABLE BAR MILK MILK
<b>10</b> Columbus day	<b>11</b> MEAT LESS TUESDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR MILK	<b>12</b> W/G SPAGHETTI MEAT BALLS TOMATO SAUCE W/G BREAD FRESH FRUIT & VEGETABLE BAR MILK	<b>13</b> CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE BAR MILK	<b>14</b> WG PIZZA FRESH FRUIT & VEGETABLE BAR MILK
<b>17</b> MEAT LESS MONDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR MILK	<b>18</b> BBQ GRILLED CHICKEN ON WG ROLL BROCCOLI FRESH FRUIT & VEGETABLE BAR MILK	<b>19</b> W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE BAR MILK	<b>20</b> CHICKEN CHEESE WG SOFT TACOS BEANS FRESH FRUIT & VEGETABLE BAR MILK	<b>21</b> WG STUFFED CHEESE BITES MARINARA FRESH FRUIT & VEGETABLE BAR MILK MILK
<b>24</b> MEAT LESS MONDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR MILK	<b>25</b> CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE BAR MILK	<b>26</b> W/G SPAGHETTI MEAT BALLS TOMATO SAUCE W/G BREAD FRESH FRUIT & VEGETABLE BAR MILK	<b>27</b> BOWN RICE BEANS CHICKEN IN LIGHT BROTH FRESH FRUIT & VEGETABLE BAR MILK	<b>28</b> WG PIZZA FRESH FRUIT & VEGETABLE BAR MILK
<b>31</b> MEAT LESS MONDAY VEGGIE PATTIE HUMMUS & CRACKERS YOGURT PARFAIT FRESH FRUIT & VEGETABLE BAR 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 FAT FREE MILK.