

Brass City Charter School

PROVIDING FRESH, HEALTHY MEALS DAILY

CYCLE LUNCH MENU OCTOBER 2024-2025

OCTOBER 2024 **DAILY OFFERINGS** **HOT VEGETABLE**FRESH VEGETABLE CHOICE** **FRUIT ASSORTMENT**CHOICE OF FAT FREE FLAVORED MILK OR 1% LOW FAT WHITE MILK** **DAILY ALTERNATE MEAL SELECTION ** **YOGURT GRANOLA FRUIT ENTRÉE**HUMMUS WG CRACKERS VEGETABLE ENTRÉE** **CHEESE SANDWICH ON WG ROLL**SOY BUTTER SANDWICH ON WG ROLL** TURKEY CHEESE ON WG ROLL**VEGGIE PATTY ON WG ROLL**				
30 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK	1 WG PIZZA BROCCOLI FRESH FRUIT & VEGETABLE CHOICE MILK	2 WG BROWN RICE BEANS TURKEY CHEESE TACO BAR FRESH FRUIT & VEGETABLE BAR MILK	3 WG PASTA MEATBALLS MARINARA WG ROLL FRESH FRUIT & VEGETABLE CHOICE MILK	4 TURKEY CHEESE ON WG ROLL ROMAINE FRESH FRUIT & VEGETABLE CHOICE MILK
7 TURKEY CHILI BEANS WG CHIPS & CHEESE FRESH FRUIT & VEGETABLE CHOICE MILK	8 WG PIZZA BITES TOMATO DIPPING SAUCE FRESH FRUIT & VEGETABLE CHOICE MILK	9 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE CHOICE MILK	10 WG POPCORN CHICKEN MASHED POTATO FRESH FRUIT & VEGETABLE BAR MILK	11 CHICKEN CAESAR SALAD WG CROUTONS FRESH FRUIT & VEGETABLE CHOICE MILK
14 COLUMBUS DAY	15 WG PIZZA BROCCOLI FRESH FRUIT & VEGETABLE CHOICE MILK	16 WG BROWN RICE BEANS TURKEY CHEESE WG TACO BAR FRESH FRUIT & VEGETABLE BAR MILK	17 MEATBALL MARINARA ON WG ROLL FRESH FRUIT & VEGETABLE CHOICE MILK	18 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK
21 CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRESH FRUIT & VEGETABLE CHOICE MILK	22 WG PIZZA BITES TOMATO DIPPING SAUCE FRESH FRUIT & VEGETABLE CHOICE MILK	23 TURKEY CHEESE WG ROLL OMAINE FRESH FRUIT & VEGETABLE CHOICE MILK	24 BAKED WG ZITI HERB CHICKEN WG ROLL FRESH FRUIT & VEGETABLE CHOICE MILK	25 WG PIZZA BITES TOMATO DIPPING SAUCE FRESH FRUIT & VEGETABLE CHOICE MILK
28 TURKEY CHILI BEANS WG CHIPS & CHEESE FRESH FRUIT & VEGETABLE CHOICE MILK	29 WG PIZZA BROCCOLI FRESH FRUIT & VEGETABLE CHOICE MILK	30 W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT & VEGETABLE CHOICE MILK	31 BAKED POTATO BAR BROCCOLI FRESH FRUIT & VEGETABLE CHOICE MILK	1 CHICKEN CAESAR SALAD WG CROUTONS FRESH FRUIT & VEGETABLE CHOICE 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 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.