

# Brass City Charter School

## PROVIDING FRESH, HEALTHY MEALS DAILY

### SEPTEMBER CYCLE BREAKFAST MENU FOR SY 2021-2022

**ALL "GRAB AND GO BREAKFAST" INCLUDES: COLD CEREAL CHOICE, MILK, JUICE, FRUIT, LOW FAT STRING CHEESE OR NON FAT YOGURT.**

	<b>31</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>1</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>2</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>3</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>
<b>6</b> <b>LABOR DAY</b>	<b>7</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>8</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>9</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>10</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>
<b>13</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>14</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>15</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>16</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>17</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR,</b> <b>NON FAT YOGURT CHOICE,</b> <b>MILK</b>
<b>20</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>21</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>22</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>23</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>24</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>
<b>27</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>28</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>29</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>30</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>	<b>31</b> <b>WG CEREAL CHOICE</b> <b>WG GRAHAM CRACKERS</b> <b>FRUIT AND 100% JUICE</b> <b>LOW FAT CHEESE OR</b> <b>NON FAT YOGURT CHOICE</b> <b>MILK</b>

A SCHOOL BREAKFAST CONSISTS OF WHOLE GRAIN CEREAL, WG GRAHAM CRACKERS, FRUIT AND/OR JUICE, LOW FAT CHEESE OR NON FAT YOGURT, AND 1 % WHITE MILK OR FAT FREE FLAVORED MILK. STUDENTS ARE ENCOURAGED TO SELECT ALL OF THE ITEMS BUT MUST CHOOSE A MINIMUM OF THREE - ONE OF WHICH MUST BE 1/2 CUP OF FRUIT OR FRUIT JUICE. BRASS CITY CHARTER SCHOOL IS AN EQUAL OPPORTUNITY PROVIDER. MENU IS SUBJECT TO CHANGE.