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.

WG CEREAL CHOICE WG GRAHAM CACKERS FRUIT AND 100% JUICE LOW FAT CHEESE OR NON FAT YOGURT CHOICE MILK MILK MILK MILK MILK MILK MILK MILK	ALL "GRAB AND GO BREAKFAST" INCLUDES: COLD CEREAL CHOICE, MILK, JUICE, FRUIT, LOW FAT STRING CHEESE OR NON FAT YOGURT.					
WG GRAHAM CRACKERS FRUIT AND 100% JUICE LOW FAT CHESES OR NON FAT YOGURT CHOICE MILK 6 1 A		31	1	2	3	
FRUIT AND 100% JUICE LOW FAT CHEESE OR NON FAT YOGURT CHOICE MILK 6 CARROLL CHOICE MILK MI		WG CEREAL CHOICE	WG CEREAL CHOICE	WG CEREAL CHOICE	WG CEREAL CHOICE	
LOW FAT CHEESE OR NON FAT YOGURT CHOICE MILK 6 7 8 8 9 10 LABOR DAY WG CEREAL CHOICE WG GRAHAM CRACKERS FRUIT AND 100% JUICE LOW FAT CHEESE OR NON FAT YOGURT CHOICE MILK 13 14 15 16 17 WG CEREAL CHOICE WG GRAHAM CRACKERS FRUIT AND 100% JUICE LOW FAT CHEESE OR NON FAT YOGURT CHOICE MILK 13 14 15 16 17 WG CEREAL CHOICE WG GRAHAM CRACKERS FRUIT AND 100% JUICE LOW FAT CHEESE OR NON FAT YOGURT CHOICE MILK WG GRAHAM CRACKERS WG GRAHAM CRACKERS WG GRAHAM CRACKERS FRUIT AND 100% JUICE LOW FAT CHEESE OR NON FAT YOGURT CHOICE MILK WG GRAHAM CRACKERS FRUIT AND 100% JUICE LOW FAT CHEESE OR NON FAT YOGURT CHOICE NON FAT YOGURT CHOICE WG CEREAL CHO		WG GRAHAM CRACKERS	WG GRAHAM CRACKERS	WG GRAHAM CRACKERS	WG GRAHAM CRACKERS	
NON FAT YOGURT CHOICE MILK MI		FRUIT AND 100% JUICE				
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FRUIT AND 100% JUICE LOW FAT CHEESE OR NON FAT YOGURT CHOICE MILK MILK MILK MILK MILK MILK MILK MILK	WG CEREAL CHOICE	WG CEREAL CHOICE	WG CEREAL CHOICE	WG CEREAL CHOICE	WG CEREAL CHOICE	
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NON FAT YOGURT CHOICE MILK MI	FRUIT AND 100% JUICE	FRUIT AND 100% JUICE	FRUIT AND 100% JUICE	FRUIT AND 100% JUICE	FRUIT AND 100% JUICE	
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28 WG CEREAL CHOICE WG GRAHAM CRACKERS WG GRAHAM CRACKERS FRUIT AND 100% JUICE LOW FAT CHEESE OR NON FAT YOGURT CHOICE WG CEREAL CHOICE WG CER	NON FAT YOGURT CHOICE	NON FAT YOGURT CHOICE	NON FAT YOGURT CHOICE	NON FAT YOGURT CHOICE	NON FAT YOGURT CHOICE	
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FRUIT AND 100% JUICE FRUIT AND	WG CEREAL CHOICE	WG CEREAL CHOICE	WG CEREAL CHOICE	WG CEREAL CHOICE	WG CEREAL CHOICE	
LOW FAT CHEESE OR NON FAT YOGURT CHOICE NON FAT YOGURT CHOICE	WG GRAHAM CRACKERS	WG GRAHAM CRACKERS	WG GRAHAM CRACKERS	WG GRAHAM CRACKERS	WG GRAHAM CRACKERS	
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NON FAT YOGURT CHOICE NON FAT YOGURT CHOICE NON FAT YOGURT CHOICE NON FAT YOGURT CHOICE	LOW FAT CHEESE OR	LOW FAT CHEESE OR	LOW FAT CHEESE OR	LOW FAT CHEESE OR	LOW FAT CHEESE OR	
	MILK					

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.