

# Brass City Charter School

## PROVIDING FRESH, HEALTHY MEALS DAILY

# SEPTEMBER 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

<b>30</b>	<b>31</b> CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRUIT CUPS MILK	<b>1</b> WG STUFFED CHEESE BITES MARINARA FRESH FRUIT ASSORTMENT MILK	<b>2</b> CHICKEN CAESAR WG WRAP NON FAT DRESSINGS FRUIT CUPS MILK	<b>3</b> TURKEY CHEESE ON WG ROLL BAKED BEANS CUP FRESH FRUIT ASSORTMENT MILK
<b>6</b>  <b>LABOR DAY</b>	<b>7</b> WG MAC & CHEESE BROCCOLI WG ROLL FRESH FRUIT ASSORTMENT MILK	<b>8</b> W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT MILK	<b>9</b> WG POP CORN CHICKEN POTATO WEDGES KETCHUP W/G BREAD FRESH FRUIT ASSORTMENT MILK	<b>10</b> WG STUFFED CHEESE BITES MARINARA FRESH FRUIT ASSORTMENT MILK
<b>13</b> W/G SPAGHETTI MEAT BALLS TOMATO SAUCE W/G BREAD FRUIT CUPS MILK	<b>14</b> PULLED BBQ PORK ON WG ROLL BAKED BEANS CUP FRESH FRUIT ASSORTMENT DRESSINGS MILK	<b>15</b> CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP FRUIT CUPS	<b>16</b> WG STUFFED CHEESE BITES MARINARA FRESH FRUIT ASSORTMENT MILK	<b>17</b> CHICKEN CAESAR WG WRAP NON FAT DRESSINGS FRUIT CUPS MILK
<b>20</b> VEGGIE BURGUER ON WG ROLL POTATO WEDGES KETCHUP FRESH FRUIT ASSORTMENT MILK	<b>21</b> WG STUFFED CHEESE BITES MARINARA FRESH FRUIT ASSORTMENT MILK	<b>22</b> BBQ CHICKEN ON WG ROLL BAKED BEANS CUP FRESH FRUIT ASSORTMENT MILK	<b>23</b> WG POP CORN CHICKEN BAKED BEANS W/G BREAD FRESH FRUIT ASSORTMENT MILK	<b>24</b> TURKEY CHEESE ON WG ROLL ROMAINE LETTUCE NON FAT DRESSINGS FRESH FRUIT ASSORTMENT MILK
<b>27</b> W/G FRENCH TOAST TURKEY SAUSAGE PATTY CORN FRESH FRUIT ASSORTMENT MILK	<b>28</b> CHEESEBURGER ON W/G ROLL POTATO WEDGES KETCHUP KETCHUP FRUIT CUPS	<b>29</b> WG MAC & CHEESE CARROTS WG ROLL FRESH FRUIT ASSORTMENT MILK	<b>30</b> VEGGIE BURGUER ON WG ROLL BAKED BEANS CUP FRESH FRUIT ASSORTMENT MILK	<b>1</b> CHICKEN CAESAR WG WRAP NON FAT DRESSINGS FRUIT CUPS 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.